2017 BEAUTY LIST DUR TOP MAKEUP, SKIN & HAIR HOME DECOR TRENDS BRILLIANT RECIPES for SMALL BITES, APPETIZERS and DESSERTS Mini Baked Alaskas. The Yes, you can. PERFECT BUTTER TART P92 HEALTH Can You Know Too Much about Your Genes?



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and the new jar is so luxurious! Danielle, age 55

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i believe in you

nobody but me

the very thought of you

today is vesterday's tomorrow

someday (feat, meghan trainor

take you away



my kind of girl

on an evening in rema

i wanna be arounc

my baby just cares for me

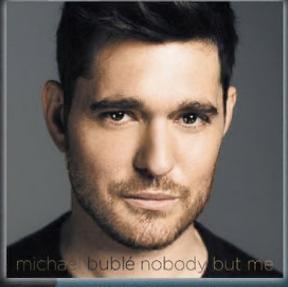
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god only knows

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Home

39

Notes

The hottest paint colours of 2017, healing crystal accessories, smart lighting solutions and more.

The magnificent seven Wardrobe workhorses that instantly pull together an outfit. They'll carry you through this season and well into spring.

42

Right at home

Twelve easy ways to bring the freshest looks into your home this year.



CHATELAINE TWITTER POLL SHOULD

BUTTER TARTS HAVE RAISINS?

OBVIOUSLY

HELL NO

In every issue

Editor's letter

One last thing Throwback: 1978.

Notebook

Our favourite things to do, watch and read this month.

Style

19

Notes

The best new mascaras, guitar-strap satchels, all-natural healing balms and more.

The beauty list

Our 2017 roundup of the best skin, hair and makeup products on the market for every budget.

Health

53

Notes

A DIY workout kit, health innovations for 2017, the perks and pitfalls of virtual doctor visits and more.

56

Spread the health

In an exclusive excerpt from her new book, Better Now, Dr. Danielle Martin argues that eliminating poverty could be the key to improving health care for everyone.

60

What it feels like to be panicked all the time

Alanna Banks kept her terrifying battle with panic disorder a secret for more than 30 years. But once she started talking about it, she couldn't stop.

62

Information overload

Computers can now spit out our entire genome in mere minutes, unlocking a trove of health data. But how much do we really want to know?

66 Brain food

Ten diet staples that can help fight dementia.

Life

68

The Chatelaine Q&A

Canadian Heritage Minister Mélanie Joly on throwing Canada's 150th-birthday party, and how she deals with the pressure of politics.

71

Body talk

Forget cleanses, diets and punishing workouts. This New Year's, Monica Heisey is resolving to do something more radical: stop trashtalking her body.

Food

75

Kitchen notes

Easy baked Alaska, boozy jelly squares, Canadian sparkling wine and more.

78

Small wonders

Crispy, crunchy, comforting bite-sized snacks perfect for New Year's entertaining.

92

What's up, butter cup?

We set out to develop the ultimate butter tart recipe—and we nailed it. These treats are perfection in a pastry cup.

94

The dinner plan

Your guide to easy weeknight meals.



We test every single recipe in the Chatelaine Kitchen at least three times (sometimes even more!) to make sure it's delicious and foolproof. We also make sure the recipes are easy to follow and shop for. Volunteer to be a home tester at testing@ chatelaine.com.





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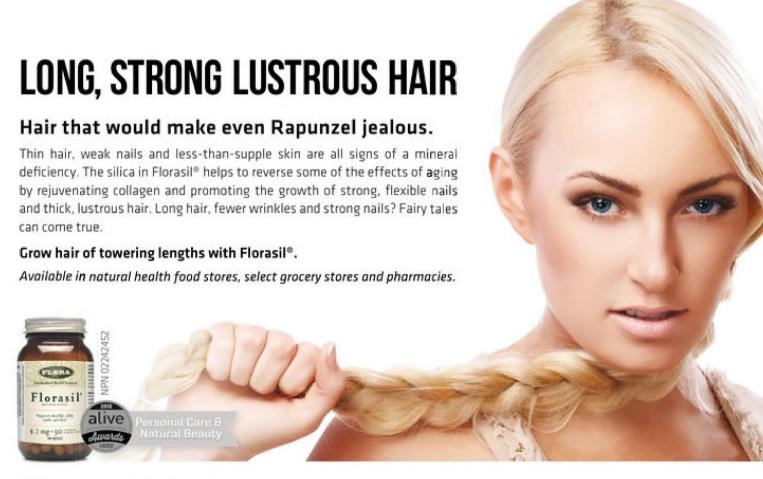




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Canada at midlife

This month, Ottawa kicks off a year-long, coast-to-coast celebration of Canada's 150th. There will be music, family skating parties, epic fireworks displays and gorgeous artistic performances influenced by cultures all over the world. There will be inspired community-improvement projects, big and small. And the food will no doubt reflect the brilliant culinary diversity of the country, in addition to the heaps of poutine and butter tarts (see page 92 for the best butter tart recipe our kitchen has ever devised). But as joyful as the celebrations are sure to be, the timing

of Canada 150, against the backdrop of the most fraught U.S. election in living memory, calls for something far more reflective too.

In this month's issue, Heritage Minister Mélanie Joly—charged with overseeing the \$210-million bash—talks to senior writer Sarah Boesveld about her aspirations for the colossal project (page 68). "Overall," she says, "I'm hoping the legacy of Canada 150 will be an emotional one." Inclusivity, the foundation of our national brand, is of course the underlying theme. But if there's one thing we learned from the results of the American election, it's that it can be dangerous to make blithe assumptions about the "common values" that are thought to underpin a nation's identity. The election of Donald Trump has exposed bitter divisions in the U.S. that are having tangible repercussions in Canada. In recent weeks, we've seen incendiary political rhetoric and, in several instances, despicable acts of hate directed against Muslims, Jews and people of colour. Many Canadians suddenly feel a lot less safe in their own communities.

We know that "Canada the Inclusive" has never been the whole story; last year's Truth and Reconciliation report is a painful testament to that. The coming year's national celebrations will place a special focus on the stories of indigenous people, immigrants, women and LGBT Canadians—and on the fundamental roles they've played in shaping this country. These are voices that have long been under-represented—or entirely absent—from our history books. Canada 150 is an opportunity to consider how our "brand" matches up with our past, and what the future holds. Likewise this year, Chatelaine will explore what it has meant to be a woman in Canada since 1928, when this publication launched—and what it looks like in 2017. We'd love to hear from you.

Lianne George letters@chatelaine.rogers.com

Lianne

MISCELLANEOUS THINGS WE LEARNED THIS MONTH



The biggest colour trends of the year. P 39



What ethicists have to say about gene mapping. P 62



How to use a digital gluten detector.
P 54



Ten different ways to make devilled eggs. P 80



JANUARY

notebook

What to read, watch, do and love this month



FIRST THING

Set the stage for 2017

2016, you've been...interesting, but it's time to greet the start of a brand new year. Whether you're joining the throngs for a giant bash or relaxing at home, roll into 2017 well-stocked with noisemakers, confetti and party hats. Prosecco-flavoured gummy bears can't hurt, either.

Kate Spade New York Cheers wine tags, \$18/set of 15, Ginger Ray Pastel Perfection plates, \$9/pack of 8, Ginger Ray Pick & Mix white polks dot cups, \$9/pack of 8. Talking Tables Glitterati confetti cannon, \$14, indigo.co. Ruffino prosecco, \$17. Shap for Gen1 party hats, \$8/pack of 8, party homs, \$8/pack of 6, cocktail napkins, \$6/pack, 3D pinwheel decorations, \$10/pack of 6, homesense.co. Diamond swizzle sticks, \$25/set of 6, gold-rimmed coupe glasses, \$16 each, cocktailemporium ca. Black and gold paper party straws, \$6/pack of 12. couronneboutique.etsy.com. Prosecco bear gummies, bags from \$6. squishcandies.com.

CHATELAINE / JANUARY 2017 11 photograph ROBERTO CARUSO



Age 36 Occupation Assistant professor and Chancellor's Chair in Aboriginal Law and Policy at Dalhousie University Lives Halifax Loves Her three dogs, vintage dresses, helping at her husband's restaurant

Metallic grew up in Listuguj, a Mi'kmaq community of nearly 4,000 in the southwestern part of Quebec's Gaspé Peninsula. "It's very beautiful, right on the Restigouche River, and the Appalachians run by," she says. She and her two sisters were sent off-reserve to an English school, where she doesn't recall learning much about her ancestry. "There was a little bit, but not a lot, and in some places it's still like that," Metallic says.

Now she is in a position to educate far more students about the realities facing Canada's indigenous people. After clerking for Justice Michel Bastarache (who was recently called on to settle sexual harassment claims against the RCMP) and spending eight years in Halifax as an associate at a law firm, Metallic returned to her alma mater this fall as a professor. She's also taken up a brand new post: the Chancellor's Chair in Aboriginal Law and Policy at Dalhousie. The job was created in response to the Truth and Reconciliation Commission's calls to action, which, in part, recommend that Canadian law schools require students to take a course in Aboriginal people and the law. Metallic likes to quote the words of commission chair Murray Sinclair: "Education got us into this mess and education's going to take us out of it."

Metallic will be working with Dalhousie's other faculties to incorporate indigenous curriculum, as well as teaching and mentoring students. She has speaking engagements lined up and recently presented at a conference on child welfare. Writing is a priority too—Metallic is particularly interested in the area of self-governance - but she wants to keep her work accessible through blogs and op-eds.

It doesn't leave a ton of downtime, but on Sundays, Metallic can be found serving brunch at her husband's new restaurant, Picnic, located across the harbour in downtown Dartmouth. N.S. "We don't see each other a lot, so it's nice to see him there," she says. "And it's nice to have a little change of pace." 🧿

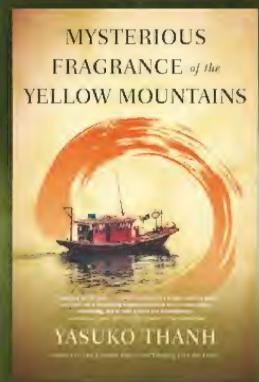
MS. CHATELAINE

Naiomi Metallic

This Mi'kmaq-French lawyer is helping change the way Canadian law schools think about indigenous affairs By DOMINIQUE LAMBERTON

s an English and philosophy student at Dalhousie University, Naiomi Metallic spent most of her time buried in the distant worlds of Austen and Aristotle, But a history course suddenly threw the experiences of her own First Nations community into sharp relief. She began poring over books and papers by indigenous authors about the federal government's push for assimilation. "I got all riled up about the treatment of our First Nations people," Metallic says. A professor of hers suggested she apply to law school, a field Metallic had never considered. "I think she noticed that there was an inner advocate in me who was wanting to come out."

Rogers Writers' Trust Fiction Prize Winner





What happens if the assassination doesn't?

Ghosts. Love. Superstition. Jasmine. And a plot to poison the French army. This powerful, sweeping, and magic-infused story of a revolutionary in Vietnam just won the Rogers Writers' Trust Fiction Prize. Congratulations to Yasuko Thanh, and to our other finalists too: Michael Helm for After James, Anosh Irani for The Parcel, Kerry Lee Powell for Willem de Kooning's Paintbrush, and Katherena Vermette for The Break. Finally, a big thanks to Rogers, for twenty years of generous support to Canada's remarkable writers.



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THE CHECKLIST

Five things on our radar this month



Name Bell Biv DeVoe

You know them as the funky early-'90s R&B trio that warned. "That girl is poison!"

You've confused them with

mellower pre-millennial new jack swing crew Boyz II Men.

You barely thought about them till

they got nasty with the hyper-crass - and poorly received -album 880 in 2001.

And then again when they performed

"Poison" with house band the Roots on Late Night with Jimmy Follon in 2011.

Now they're back

with Three Stripes, their first new album in a decade and a half.



Rocket women

History hides multitudes. When you think of early space exploration, you picture Neil Armstrong-a strapping white man who expanded our understanding of the universe. We rarely hear about people like Mary Jackson, Katherine Johnson and Dorothy Vaughan-three African-American mathematicians whose calculations made it possible for those rockets to zoom into space. The trio (played by Janelle Monáe, Taraji P. Henson and Octavia Spencer) get their due in this month's Hidden Figures.

In theatres Jan. 6.

Moms and the city

Catherine Reitman (daughter of Ivan) writes, directs and stars in Workin' Moms. a sitcom about four friends-aPR exec. a real estate agent, a therapist and an IT pro-navigating their careers while adjusting to the joys, surprises and judgmental mommy groups of new parenthood. Jan. 10 on CBC.

ART Good vibrations

The vibrant hues and whimsical figures of Marc Chagall's works radiate energy you can almost hear. The Russian-French artist's passion for melody and harmony is explored in Chagail: Colour and Music, an exhibition of 400 works.

Opens Jan. 28 at Montreal Museum of Fine Arts

Queen Connie

When ABC axed Nashville last spring, fans wept as they bid farewell to Connie Britton. Happily, CMT picked up the show for one more season, which premieres Jan. 5. Here, a look at Britton's most meniorable roles.



Rayna James Mashwille



Tami Taylor Friday Night Lights



Connie Tabe The West Wing



Vivien Harmon American Florrar Story



Patricia Shaheen Drunk History



Faye Resnick The Penale v. O.J. Simpson





Trouble ahead

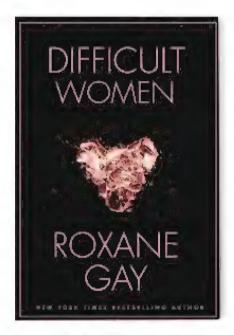
Rich or poor, black or white or Latina, the female protagonists of *Difficult Women*—Roxane Gay's gutsy new short story collection—are all fighting to claim power for themselves

By RACHEL GIESE

he title of Roxane Gay's new collection of short stories, Difficult Women, is misleading: It's not her female protagonists who are difficult but their histories and circumstances. To be a woman in Gay's stories is to be intimately familiar with suffering, usually at the hands of men.

Gay has been writing for the better part of two decades, commenting on race, gender and politics for the New York Times, the Rumpus and Solon. But she became a literary star with the release of two bestsellers in 2014: An Untamed State, a novel about a wealthy Haitian-American woman who is kidnapped and raped, and Bad Feminist, a group of essays in which she cheekily confesses to various contradictions and transgressions, including a passion for Sweet Valley High novels and misogynist pop songs. In other words, comfortable uplift and uncomplicated empowerment are not exactly Gay's style.

Take "I Will Follow You," the story that opens Difficult Women, about a young woman's disapproval of her older sister's slacker husband. Initially, it appears to be a straightforward examination of sibling conflict. But soon it's revealed that the knot of obligation and guilt bonding the two women is the result of a childhood horror. They were abducted, held captive and raped by a pedophile, an ordeal that Gay sketches with minimal but nightmarish detail. This shared trauma has made other people incomprehensible to them.



Comfortable uplift and uncomplicated empowerment are not exactly Gay's style.

As the younger woman contends, "My sister was the only place that made any sense."

Violation and isolation mark the lives of other characters, whose quest for autonomy and fulfillment comes with a price. In "La Negra Blanca," a biracial college student covertly covers her tuition by dancing at a strip club, where she's stalked by a rich white client obsessed with black women. And in "North Country," a black female engineer moves to Michigan's chilly Upper Peninsula for an academic post, where she is a novelty and an outsider, gawked at by students and pawed at by a colleague.

Sometimes, women are the architects of their own abuse. In the wrenching "Break All the Way Down," a mother who's lost her young son abandons her loving partner to take up with a sadist who batters and belittles her. His beatings provide the only release from her grief. "Every time that man sunk his fists into my body I could breathe a little," she says. "I used one hurt to cover another."

This is an uneven collection: Some stories are too slight and some characters too indistinct to carry the heavy themes. Read together in succession, the relentless tragedy can feel overwhelming. But there is beauty alongside the bleakness, particularly in Gay's insistence that a victim doesn't need to be a hero for her story to be worth telling. Survival is enough. In her wide swath of characters — black, white, Latina, rich and poor — Gay acknowledges the universal burden of inhabiting a female body and living in a perpetual state of alert. For difficult women, life is anything but easy.

Difficult Women, Roxane Gay, \$37.

New on the shelves



 Pocket-sized actress Anna Kendrick serves up a sassy collection of essays in Scroppy Little Nobody, \$35.

- A despondent Honest Abe is just one of the ghosts haunting Lincoln in the Bardo, \$37, the kaleidoscopic first novel from short story great George Saunders.
- In The Marriott
 Cell, \$35, journalist
 Mehamed Fahmy
 revisits the 400-plus
 days he spent in
 captivity in Egypt.
- Michael Lewis'
 The Undoing Project,
 \$39, looks at our terrible intuition.
- The early stories of Diane Schoemperlen make up First Things First, \$20.
- In Selection
 Day, \$32, the new novel from Booker
 Prize winner Aravind Adiga, two young brothers chase cricket standom through a Mumbai slum.

The inspiration The Private Life of Mrs. Sharmo, Ratika Kapur, \$22

A NOVEL TAKE ON

Delhi



"More than a thousand years of history rubs shoulders with a massive population that largely ignores it," says author Ratika Kapur of her hometown, Delhi. "It's not only a very old city, it's a very new city, and it offers the possibility of a better life." That's

what Renuka-loyal wife, hard worker, narrator of The Private Life of Mrs Sharma—seizes upon, slipping into Delhi's streets to pursue long-denied pleasures that may well bring about her destruction. - Danielle Groen



Protect your skin from the city's infamous smog



Neutrogena Face & Body Stick Sunscreen SPF 50+, \$14.



Clarins Booster Detox, \$40.



Hat. \$55. echodesigns com.

An art deco stunner. the Imperial hotel is worth the splurge, with sprawling lawns, an aquamarine pool and palm-treelined gardens that offer a crucial bit of calm in the midst of Delhi's chaos. Rooms from \$321. theimperialindia.com.

There are loads of shaps in South Extension Market and probably enough silk on offer to circle the city twice - but Kapur heads for the sev puri at Bombay Bhelpuri, "Sev puri is a tart, savoury street-side snack, originally from Bombay, that always leaves my mouth atingle," she says. Tucked down a narrow passage. Karim's has been serving stellar grifled meat for over a century; the beef stew and minced-meat kebabs have been on the menu for nearly that long, southextension market.com: karimhateldelhi.com.

The jaw-dropping 17th-century Red Fort, which housed the Mughal emperors for 200 years, is best visited in the morning. when early light hits the red sandstone colonnades and the crowds are (one hopes) thin. If you need a break from the city's hustle, pop over to the National Gallery of Modern Art, "Its collections are always. such a delight," Kapur says. "The location near India Gate and its gorgeous buildings, both old and new. make it a lovely place to spend a day." ngmaindia.gov.in.



Carpenters worked for six years to finish Delhi's Lotus Temple. wrapping up in 1986.

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Lesley After



Deana



Before

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Bring it on, polar vortex

Dry, chapped skin is no match for these allnatural balms



THE TOP-TO-TOE HYDRATOR

This ultra-rich camomileand-calendula-based balm targets parched elbows, hands and feet. Since the texture is more like a light hydrating lotion, it can also be applied (sparingly) to cuticles and the dry ends of your hair. Honest Company Healing Balm, \$15.



THE REDNESS **ERASER**

Apply any place that gets exposed to the elements (apples of cheeks or tops of hands) to help reduce redness and repair chapped skin. Éminance Organic Rosehip & Lemongross Repair Balm, \$88.



THE MULTI-TASKER

This solid balm goes on like a clear, dry oil to protect against the wind and cold and can be applied to relieve everything from eczema spots to cold sores - and even razor burn. Matter Company All Heal Salve, \$18.

Apply to more dangers's paies to protect against Jorsh sidewalk soft



TIRED OF BEING TIRED?

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Fatigue and a lack of appetite?

Pale skin & dark circles under eyes?

■ Difficulty concentrating?

Chills or catch colds easily?

M Brittle hair or fingernails that chip easily?

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By JILL DUNN | Photography by ERIK PUTZ Styling by CAITLIN DOHERTY



long-wear workhorses

Makeup that keeps on keepin' on





Kat Von D Lock-It Concealer Crème, \$34.

This super-creamy concealer doesn't skimp on coverage or colour options. It comes in 21 different shades and will not budge, so it's crease-proof all day long.



Giorgio Armani Lip Magnet, \$45.

Lips are saturated with rich colour for up to eight hours, and, thanks to the weightless oils in the formula, it never feels tacky or looks dry.



Marc Jacobs Beauty Air Blush Soft Glow Duo, \$57.

The Air Blush texture is created using a process called soufflage (French for "air-whipped"), so even though it's a stay-put powder. it feels as soft as a cream.



Best anti-aging dynamos

Look like you, but fresher

1. Shiseido Bio-Performance LiftDynamic Cream, \$145.

When gravity gets to you (ugh), this cream will do the heavy lifting. Ten years of research determined that mature skin has "pockets" in the deepest layers that droop, causing sagging and loss of volume. Applied day and night, this formula promises to fight slouching jawlines and restores plumpness to facial contours.

2. Chanel Blue Serum, \$140.

For those of us not lucky enough to call one of the four "blue" zones home (places where there are more centenarians than anywhere else on the planet: Okinawa, Japan; Sardinia, Italy; Nicoya, Costa Rica; and Icaria, Greece), Chanel tapped skincare ingredients native to these areas for maximum skin longevity.

3. Garnier SkinActive Moisture Bomb Hydrating Lotion, \$20.

With the advent of peels, scrubs and powerful cleansing brushes, it's easy to overdo it. Go back to the basics with this three-in-one lotion that drenches skin in moisture so it's plumped and healthy. Its barrierboosting ingredients mean skin is more equipped to fend off environmental aggressors.

4. La Prairie Skin Caviar Essence-in-Lotion, \$320.

Yes, it's a splurge. When caviar water is number one on the ingredients list, you'd better expect to pay a premium. You won't believe the softness and hydration this lotion (designed as a booster to be applied on freshly cleansed skin, just before your serum) achieves.

5. Vichy Liftactiv Serum 10 Supreme, \$57.

This serum quenches skin and improves its texture, thanks to rhamnose, a plant sugar derived from silver birch trees, coupled with hyaluronic acid fragments that penetrate deep to activate the genes involved with skin rejuvenation and firming.

6. Aveeno Absolutely Ageless Intensive Renewal Serum, \$30.

It's hard to find a good serum at a drugstore price. This product's silky texture feels amazing on skin; plus, lines are smoothed and texture is refined, thanks to the gotent antioxidant formula featuring blackberry-leaf extract.

7. Olay Regenerist Miracle Boost Concentrate, \$35.

Formulated after years of research with genomics company 23andMe.



8. SkinCeuticals Triple Lipid Restore 2:4:2, \$140.

Any time you read the word restore on a skincare label. it seems too good to be true. But this luxe cream really gets to work at shoring up skin's moisture barrier (that all-important outermost layer of the skin) so moisture is locked in and skin is healthier overall. The 2:4:2 formulation (2 percent pure ceramides, 4 percent natural cholesterol and 2 percent fatty acids) helps cocoon your complexion.

9. NeoStrata Glycolic Renewal Antioxidant Smoothing Serum, \$49.

The key smoothing ingredient, 10 percent glycolic acid, is your exfoliating BFF. It erases roughness and fine lines, and can help minimize dark spots. This new formula also includes antioxidants like vitamin E and calming hibiscus extract. Remember, glycolic acid can make you more sun-sensitive. so slather skin with SPF 30 or higher any time you head outside.

10. Dermalogica Daily Superfoliant, \$80.

Dermalogica's beloved Daily Microfoliant goes next level with a new formula. The baby-fine powder exfoliator is mixed with water into a paste and massaged onto skin to refine texture without friction and mop up environmental pollution with activated charcoal. Rice branextract and niacinamide ensure skin isn't irritated.





Nars Brow Defining Cream, \$29.

Applying this brow definer in short strokes will help make. the brows you have look fuller. Tip: Use an angled brush for more precise application.



Smashbox Always On Matte Liquid Lipstick, \$28.

Liquid lipstick can be unforgiving because it can settle into lines on the lips. This clever version has a built-in primer oil so the colour doesn't slip away as the day goes by.



BareMinerals BarePro Performance Wear Foundation, \$36.

This skin-loving full-coverage, mineral-based powder foundation allows you to buff away any signs of discoloration and redness without ever irritating the skin.



Dermablend Cover Creme, \$44.

When you have more stubborn skin challenges you'd like to conceal, like broken blood vessels, this budge-proof foundation is your go-to, Warning: A little of this formula goes a long way.



Netflix-and-chill soothers

Masks and peels that pamper

1. Pixi Beauty Nourishing Sleep Mask, \$30.

New-to-Canada import Pixi-Beauty is famous for fuss-free makeup staples developed by makeup artist Petra Strand. But her skincare creations. like this overnight sleeping mask, are cult favourites too. Lay on a thin film instead of your usual night cream, sleep on it and rinse in the a.m. Skin is hyper-glowy and a fresh canvas for makeup.

2. Bliss Mask-A-Peel Radiance Revealing Rubberizing Mask, \$15.

This mask is the beauty equivalent of playing with your food. Just add water to the powder, mix it into a paste and use the mini-spatula to scoop it all over your face and neck - it feels like putting Silly Putty on your skin. Watch it fully form to the contours of your face. Leave it on for 20 minutes, and when you peel it off (the fun part), skin is baby-smooth underneath.

3. Clinique Happy Gelato Creams for Body, \$46.

Treat your skin to guilt-free gelato with these luxe body creams available in Sugared Petals, Berry Blush and their classic Happy fragrance.

4. Philosophy Ultimate Miracle Worker Pearl Mask, \$89.

Individual pearls are jam-packed with serum and burst on your skin. There's a bit of a learning curve to



use this product: First, scoop 10 to 12 serum pearls into the muslin pouch, close the drawstring, press the pouch on the face and push to release the serum. Then massage in with fingers, and don't rinse.

5. Estée Lauder Advanced Night Repair Concentrated Recovery Eye Mask, \$14.

Shadows, crepey lines and puffiness all but disappear after a treatment with this antiaging eye mask (the sheet mask seals in the serum, so you get maximum benefits). Applied once per week, it perks up tired eyes, thanks to a supersized dose of hyaluronic acid and rice. bran extract, known for their brightening benefits.

Body Mask Feeling Rosy, \$38.

If your me time is in the shower. maximize the pampering with this body mask that's just the thing. Massage it on and the scrub-like texture transforms into a rich lather that will infuse your skin with antioxidant-rich rooibos tea and rose to soften.

7. Boscia Baby Soft Foot Peel. \$25.

Stip on these booties full of exfoliating acids for 20 minutes and, over the next week, watch your scaly heels slough away in snakeskin-like sheets with zero effort. The shedding process isn't pretty, but the results are worth it.

6. Origins RitualiTea Cleansing

Formula X The System

mates Paint like

a pro with these tools

Essie Treat, Love

& Colour, \$12.

These sheer polishes

offer colour and care

together in one bottle.

There's no base or

topcoat needed, and if

used regularly, they help

replenish moisture in

the nail so there's less

peeling and breaking.

OPI Gel Break Serum.

Gel Break Protector

and Gel Break Sheer

Color, \$18 each.

Nail art, gel nails and

acrylics can all take

their toll. When your

nails need rehab.

reach for one of these

new treatments.

XCEL, \$40. Start with the nail cleanser and priming base coat, followed by streak-free colour and a hyper-shiny topcoat. Your mani will last for about seven days and can be removed with regular polish remover.

















time savers

When you're in a hurry, these products get the job done

1. Beautyblender Blotterazzi Pro, \$28. Halt shine in a hurry with this reusable blotter. The foam texture of the sponge absorbs oil without disrupting makeup.

2. Infiniti by Conair Ionic Hair Straightening Brush, \$90. In the time it takes to pour your coffee (30 seconds), this genius hair straightener heats up to 400F. The large ceramic surface area flanked by heatresistant silicone bristles means you get straight, ultra-shiny

hair in half the time.

3. Know Cosmetics No Bare Brows Universal 4-in-1 Brow Fix, \$24. Eliminate the guesswork of shading in your brows with this one-size-fits-all colour. The gel-like pencil lets you easily build your brow with one end and seal it with clear wax from the other.

4. Neutrogena Ultra Sheer Face & Body Stick Sunscreen SPF 50+, \$14. The convenient stick format of this SPF 50 sunscreen easily glides on face or body, leaves no greasy residue and makes reapplication a cinch so you can block rays. any time, anywhere.



5. Charlotte Tilbury Wonderglow, \$65.

A drop of this lightreflecting liquid gold in your foundation or moisturizer is the most flattering thing you can do for your skin to make it look years younger.

6. Jergens Moisturizer for Wet Skin with Coconut Oil, \$11. Massage this body moisturizer on after

you shower, before you towel off. Don't rinse, and you'll have happy skin from head to tee. The moisturizer is specially engineered to cling to wet skin.

7. Indeed Labs 10balm, \$20. Soothe even the most ultra-sensitive skin in a flash. This blend of 10 calming ingredients, including arnica, bee pollen extract and vitamin

E, heeds the SOS call of any flare-ups.

8. Almay Age Essentials Concealer, \$14. Swipe this coverage stick under the eye to disquise dark circles and more. The bonus SPF 20 means your extra-delicate eye area is always protected from dark spots/discoloration. and the hydrating.

creamy texture won't crack as your day

wears on.

dry time.

9. Tangle Teezer **Blow Styling** Hairbrush Half Paddle, \$34. These bristles stand up to your hair dryer's highest heat setting and move smoothly through tangled wet hair (no more pulling and tugging). The vented design allows for free airflow so you get a speedier



4 HOURS

Time it took the radies attending Elizabeth I to get her dressed and undressed each day. Along with powdered wigs and opulent dresses, the Virgin Queen foved makeup: a white lead and vinegar mixture for her face, neck and hands; thick kohlfor her eyes; and vermillion for her lips. (Oops: Vermillon is laced with mercury.)





Best natural wonders

Only pure ingredients, all of the results

Bite Beauty The Lip Pencil, \$20.

Cheat your natural lip line with a more plumped look or sculpt what Mother Nature gave you. Either way, you'll love the smooth application and shade selection (22 colours!) of these all-natural pencils that were three years in the making.

2. RMS Beauty Swift Shadows, \$28.

Mineral eyeshadows are usually limited in colours and notoriously hard to blend. These are pressed, not baked, which avoids heat exposure and preserves the integrity of the raw ingredients like jojoba oil so they're easier to apply.

Tata Harper Illuminating Moisturizer, \$113.

Sometimes all-natural moisturizers don't absorb quickly enough for even makeup application. But this one layers seamlessly, adding dewiness to dry skin.

Matrix Biolage R.A.W. Shampoo and Conditioner in Recover, \$25 each.

Rethink your suds routine with this eco line of shampoos and conditioners. The formulas are biodegradable, the bottles are recyclable (made from former plastic water bottles) and, while they're sulphate free and gentle on hair, they don't skimp on a rich, satisfying lather.



5. French Girl Crème Fraîche Néroli/Camomille Moisturizer, \$62.

This moisturizer has a creamy, rich consistency but doesn't slip and slide on skin — it absorbs right away.

6. Saje Skin So Clean, \$23.

The rice grains help to gently buff away dirt and makeup while neroli helps to improve the appearance of pores and skin texture.

Farmacy Eye Dew Total Eye Cream with Echinacea GreenEnvy, \$49.

Potent antioxidants help to shoo away the signs of aging with zero irritation.

8. Burt's Bees Gloss Lip Crayon, \$10.

Formulated with 100 percent natural ingredients, these chubby pencils allow for easy application with a great glossy colour payoff that hydrates all day.

9. BioEffect EGF Serum, \$220.

The star ingredient (whose developers were recognized with a Nobel Prize) is EGF, a plant-based epidermal growth factor that stimulates skin growth and repair at the cellular level. It's been double-blind lab tested to show lasting results, which reduce the overall appearance of brown spots, fine lines, redness and wrinkles. We're sold.



Create a concoction specific to your skin's needs



Kiehl's Apothecary Preparations, \$110.

Skin experts assess your skin health in-store and troubleshoot your main concerns (wrinkles, lack of firmness and more) to create your signature formula. Then they custom-blend your best regimen.



Skin Inc. My Daily Dose Custom-Blended Serum Set, \$112.

Fill out the online quiz to determine your skin type and you'll get three custom serums to remedy your skin (treating every concern from extreme dryness to lack of firmness) delivered to your front door.



Cover FX Custom Infusion Drops, from \$62.

Even the moisturizer you swear by can sometimes use a little boost. Add in a couple of these drops to amp up hydration, control oily skin or add radiance.











Best Canadian trailblazers

These innovative entrepreneurs are disrupting the beauty game

1. Nudestix Intense Matte Lip + Cheek, \$28.

Toronto-based teenage sisters Ally and Taylor Frankel didn't like labouring over makeup routines, so they created a whole line of multi-purpose makeup pencils for women on the go. The pencils work as concealer, lipstick, blush, eyeliner and waterproof eyeshadow, and the colour won't budge. Fun fact: Beauty is in their blood - mom Jenny Frankel was one of the creators of M.A.C Lipglass.

2. Flawless by Friday 5 Day System, \$45.

After a stint as a makeup artist. Brittny Skylar Robins saw the importance of great skin to her clients - be it before a wedding. interview or high school reunion. She set out to design a facial system that takes the guesswork out of skincare. Each gel-mask targets a skin concern and is designed to be used in a specific order hence the "5 Day" name.

3. PonyDry Waterproof Hair Sleeve, \$26.

Long-haired girls, rejaice. Torontobased Jessica Watson created a polyester sleeve that slips over your ponytail to create

a watertight seal in the shower so you can wash just your roots, it cuts down on solit ends and drying time. Genius!

4. Plume Science Lash & Brow Enhancing Serum, \$95.

After pregnancy, Calgary-based Lauren Bilon had significant hair and eyelash loss. A prescription product helped with regrowth, but she endured stinging around her eyes. That set her on a path to create a 100 percent natural lash and brow enhancer. This lash serum works to extend the anagen (growth) phase of the lash cycle and shorten the telogen (resting/ falling-out) phase so lashes appear thicker in weeks.





5. The Ordinary. from \$5.

A whole range of skincare serums for \$20 or less? The Ordinary skincare line features serums made with just a handful of ingredients in each. It's this pared-down approach that allows the company to keep prices wallet-friendly.

6. Hebederma Anti-Aging Serum, \$129.

In Greek mythology, Hebe personified eternal youth and vitality. This Quebecbased beauty brand aims for ageless complexions with preservative-free. made-to-order skincare. Its signature serum contains only three ingredients: water, hyaluronic acid and vitamin C to hydrate, brighten and firm.



Best magic wands

Burberry Cat Lashes Mascara, \$32.

This hourglass-shaped wand helps to craft the perfect winged-out effect

Annabelle Expandable Mascara, \$11.

Some days you want long, defined lashes, and on others you want density and volume - this mascara lets you have both with a twist of the wand that expands or minimizes the brush.

L'Oréal Paris Féline Mascara by Voluminous, \$13.

When you don't have a steady hand to create a perfect cat-eye line, try this. The shape of the brush helps to deliver glossy, full and flared lashes.



CoverGirl So Lashy! Mascara by blastPro. \$13.

This mascara boasts three "zones" on the wand, including a domed tip so you can grip and elongate every lash for exaggerated, giant fringe.

Rimmel London Scandal Eyes Reloaded Mascara, \$9.

Reinvented with 24-hour wear, this mascara goes the distance, delivering long-wearing, jet-black lashes that don't go stiff or flaky. And it easily washes off with your regular cleanser.

4:114 10 40 40 40 40

Maybelline New York The Falsies Push Up Angel Mascara, \$13.

The plastic comb (instead of bristles) is key because it grabs every last lash, creating megadefinition - with zero clumps.

remedies

Adding volume, tamina frizzthere's a fix for every hair type

1. The Inverse Hair Conditioning System, \$400.

It may sound crazy but it's true - this "frozen" flat iron could give you your best hair yet. Instead of blasting hair with heat, you press the cold iron plates through wet hair (yes, wet hair!), and the subzero temperature of the plates transforms the keratin fibre of your hair. Instead of zapping moisture like heat would, the icv plates seal hydration in. It's a splurge, and it doesn't improve texture overnight, but slowly and surely hair becomes less frizzy, smoother and far easier to manage.

2. Nexxus City Shield DD Crème, \$19.

This "DD" or damage defence feave-in treatment helps to create a lightweight veil on hair, shielding it from city grime that can cause hair to swell. It contains lotus flower, elastin proteins and wheat to smooth hair and make it manageable.

3. L'Oréal Paris Extraordinary Clay Pre-Shampoo Treatment Mask, \$9.

Greasy roots and dry ends? This ingenious new system uses a pre-shampoo scalp treatment to absorb excess oil, then a



shampoo and conditioner that are designed to keep roots fresh and lengths smooth.

4. Living Proof Full Dry Volume Blast, \$38.

When MIT engineers design a volumizing spray, you can expect it to take your hair to new heights. It doesn't disappoint - hair gets big, and stays that way.

5. StriVectin Hair All Smooth Shampoo and Conditioner.

Rather than simply masking frizz, these formulas were specifically designed to tackle the root cause

of it. Starring StriVectin's hero molecule NIA-114 (the same one used in its skincare). as well as bio-lipids that increase hair's resistance to frizz, they leave your mane smooth and manageable.

6. T3 Valumizing Hat Rollers Luxe, \$149.

For anyone who finds that her waves fall flat almost immediately, these hot rollers are the answer. They come with smart crease-free clips. heat up evenly in three minutes and give long-lasting volume and shine.



BAD HAIR DAY?

Chatelaine has a long history promoting jaunty hats, in 1945, we featured a naval number (complete with rope knot): "This saucy little lid sits lightly on your forehead and doesn't muss your hair—a wonderful example of topping teamwork." A pully yellow option was a solid choice for ahem. women of a certain age, since it Thrings all the wiles of art and design to enhance the mature good looks of a lady on the yonder side of 40."







"Hi there, I have been struggling with my acne for many years now. Finally it has passed, but now I have severe acne scars. I saw an ad in a magazine about bio-oil and how a woman tried it on her face. I went to the drug store and got the small bio-oil and thought I would try it. The instructions say it takes a minimum of three months but this stuff is amazing! My acne scars are almost all gone now!I have honestly tried anything and everything to get rid of these acne scars and who knew this could be the cure. Thank you so much, I feel so much more confident then I have ever been before." Brenna Denexter

Bio-Oil* is a specialist skincare product formulated to help improve the appearance of scars, stretch marks and uneven skin tone. Its unique formulation, which contains the breakthrough ingredient PurCellin Oil*. Is also highly effective for aging and dehydrated skin. For comprehensive product information and results of clinical trials, please visit bio-oil.com. Bio-Oil is available at drugstores and selected retailers. Individual results will vary.

the magnificent seven

Don't confuse these versatile pieces with plain old boring basics. They're the hardest-working items in your closet and instantly pull together an entire outfit — with minimal effort. The best part? They can be worn right into spring

Photography by CARLYLE ROUTH

Hair & makeup VANESSA JARMAN

Style direction by VANESSA TAYLOR





02 THE PRINTED

DRESS

Not to discount the classic black dress, but a print — bold or subtle — is one of the fastest and simplest ways to inject personality into a look. Opt for a shape that flatters you and pay attention to the hemiline so it can be worn with and without tights. Oress, \$475, jennifertoroslan.com. Bag. \$348, michaellora.co.





<u>0</u>5

THE BOMBER

With no end in sight for the sportswear trend, the bomber seamlessly fits with other pieces in your closet and is a perfect alternative to a blazer. Styles range from luxe (like this one) that work for an evening out to casual collegiate-inspired versions ideal for the weekend. Jacket, \$595, snythejackets com Sweater, \$90 onntaylor.com Points, \$70 officiam Sneakers, \$195 newbolkmass.co











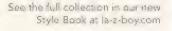
Furniture with tons of wow factor. As in, "Wow, I can't believe it's all La-Z-Boy."



If you thought you knew La-Z-Boy, think again. There are so many great-looking options, from sofas to chairs to sectionals and more — all with the La-Z-Boy comfort you've come to know and trust. If you still can't believe it, just wait until you sit down.









home



















Colour your world

Put away those boring beiges (and, dare we say, greys) and step into 2017 with gorgeous colours, from complex warm neutrals to brilliant jewel tones. If you love purple, you're in luck! No fewer than six paint companies have named a version of violet their colour of the year.

Summer Night, valsparpaint.co. Inchyra Blue, farrow-ball.com. You Look Mauve-lous, homehardware.co. Artful Magenta, behccam. Black Sable, dulux.ca. Vialet Verbena, ppgpaints.com. Poised Taupe, sharwin-williams.com. Shadow, benjaminmoore.com. Neo-Mediterranean Mist, cil.ca.



1.2. Box. \$70. coasters. \$30/set of 4. homesonse.co. 3. Votive holder. \$525, williams-sonome.com 4,5,6. Candlesticks, \$370/set of 2, table accessories, from \$195/item, annanewyork.com. 7. Sweet Suba healing crystal candy, \$75, stare saintheron.com. 8. Bowls, from \$275 each, annunewyork.com.

2017 trend alert! _ Dark romantic

NEW AND HOMEWORTHY

Material things

Rifle Paper Co., the whimsical stationery company, has teamed up with Cotton + Steel to create its first fabric collection. Les Fleurs features flora, fauna and cityscape scenes screenprinted on cotton, canvas, rayon and cotton lawn. From US\$11/yard, riflepaperco.com.

THE NUMBER OF YEARS A GOOD-QUALITY LED LIGHT BULB WILL LAST IF USED FOR 8 HOURS A DAY. THAT'S 50,000+ HOURS WORTH OF LIGHT.

Smart lighting



MOOD SETTING

This light bulb can create warm light for watching movies, natural light for entertaining or bright light for applying makeup. No need to install a dimmer switch - just flip for different modes. Philips SceneSwitch LED bulb, \$14, homedepat.ca.



LIGHT CANVAS

Create custom lighting animations with these triangular panels that can be controlled by your voice or phone, or automate them to simulate the sunrise in the morning and calming blues and purples when you head to bed. Nanoleaf Aurora LED light panels, \$250/set of 9, bestbuy.co.



VOICE CONTROLLED

Use your smartphone to control your lights. "Siri, turn on the lights in my kitchen" is all you have to say. Nanoleaf by LED starter kit. \$120. bestbuy.co.



2017 DECOR TRENDS

RIGHT AT HOME

12 ways to bring warmth and glamour into your space this year

Photography by SIAN RICHARDS | Prop styling by JEN EVANS



each morning or the bottle opener we use at the end of a long day. Pitcher, chalk, elte.com. Mugs, pennyorcadevintage.com. Bottle opener, wrapped candle, mjolk.co. Scoop, pimlicogallery.com. Marble tray, homesense.ca. Rubber

band ball, anthropologie.com.

GET INSPIRED Bottle opener. 550, mink.cd Dight rock, \$63, we deem com. Milk jor. \$25. day toon. Contracting and com MAG EE'S EDSTINE WOODS COM. Hand bream, \$ 35, might ca

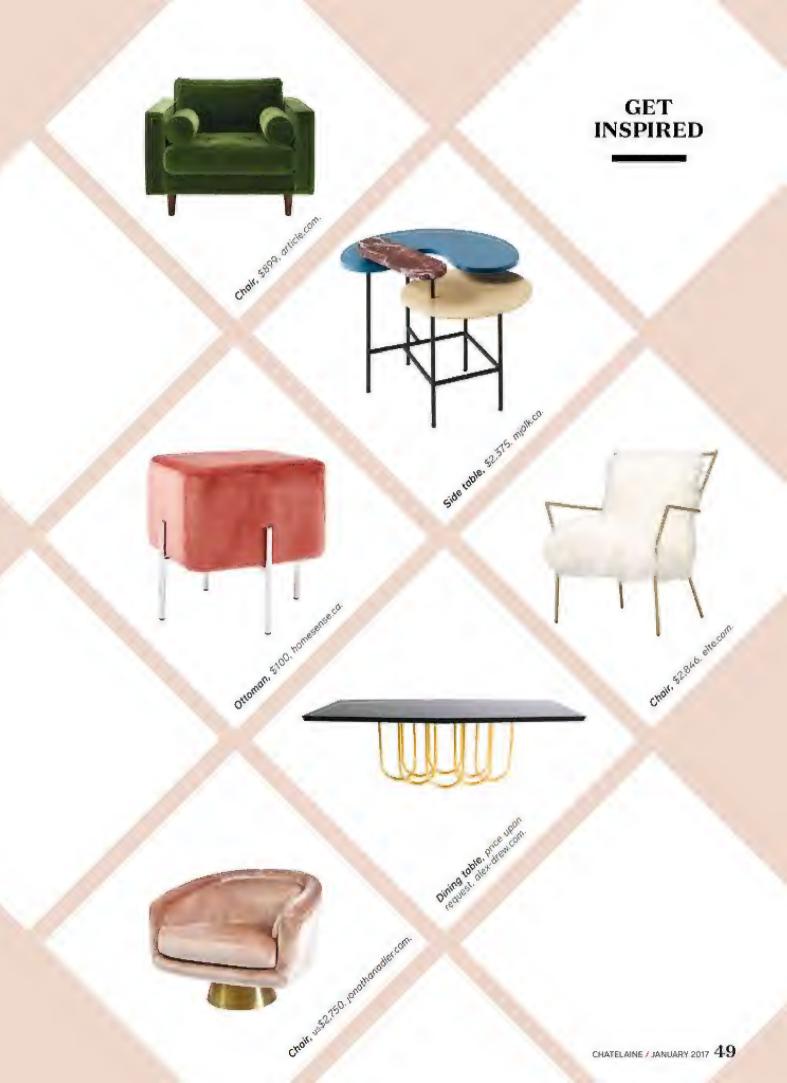














GEOMETRIC PATTERNS

Bold, graphic shapes have been popping up on pillows and rugs for a while, but now we're seeing these patterns move onto furniture in the form of paint, parquetry and intricate inlaid tile work. Cabinet, cb2.com. Vasc, elle.com. Pendant light (on floor), vdesmoison.com Coffee table, art, westelm.com. Pillow, stylegarage.com

FROSTED GLASS

After years of clear glass topping our favourite light fixtures, things are getting a little frostier. Look for lamps paired with of-the-moment metals like brass or gold, and choose bulbs with a warm glow. Pendant light (hanging), mickeo



MID-CENTURY 2017

The strength and durability of the mid-century modern trend means a constant reworking of its ideas. At its core is a love for functional design paired with long-lasting materials like teak. Bench, stylegoroge.com Magazine stand; stylist's own



HAVE YOU FOUND YOUR STARS TODAY?



GUIDING STARS IS A 3 STAR NUTRITIONAL RATING SYSTEM



The program points you towards foods that contain vitamins, minerals, fibre, omega-3 and whole grains versus saturated fat, trans fat, added sodium and added sugar.

Visit guidingstars.ca to learn more about food star ratings with our NEW Nutrition Fact Finder.

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- t minusels
- + Ware
- + omego-3
- + whole grains

DEBITS

- saturated fat
- transfet
- added sodium
- added sugar

Find Guiding Stars on shelf labels in these stores:



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NOFRILLS

valu-mart

Superstore*



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GUIDING & STARS

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Kuggis storage box. \$13. ikea.ca. Cap 7-pound dumbbells, \$7 each, Cap 3-pound dumbbells, \$3 each. Cap 10-pound kettlebell, \$20. jump rope, \$10. canadiantire.ca. Fitbit Charge 2 tracker, \$200. fitbit.com. Gaiam resistance band, \$20/set of 3, Klean Kanteen bottle, \$30, well.co. Yoga mpt, from \$58. headband, \$12. killulemen.co.

health



Watson: An IBM technology that's capable of human-like thought. Doctors are tapping it to discover new treatment options

Virtual

visits The positives (and potential pitfalls) of video chatting with your health team

Goodbye,

logistical barriers "Virtual health care allows patients to access care if the weather is bad, if they can't leave work or if their child is napping," says Dr. Eric Cadesky, a family doctor based in Vancouver.

No more 9-to-5

Doctors are able to provide care when it's convenient for them too, or be available outside of regular office hours.

Use it or lose it

In order for virtual health care to serve us effectively. patients and doctors need to use the technology regularly. and nurture the same kind of relationship that results from face-to-face interactions, "Quality of care is not as good when the relationship is fragmented." says Cadesky.

Services that provide virtual health care

Akira.md (for a family dector); trangool. com (for a therapist); healthswapp.com (for physiotherapy exercises).

1. THE NIMA

Detects: Gluten How it works: Put a food sample into a discosable linsticksized capsule and insert it into the Nima: minutes later. either a smile icon or a wheat icon will appear. (The smile means the food contains less than 20 ppm of gluten. The wheat means cellacs should stay away.) US\$279. mimaseasoccom (currently available only in the U.S.).

2. THE VITAMETER

Detects: Vitamin levels in the blood How it works: The device analyzes a single drop of blood on a test stick, and sends the results to an app. The device currently measures iron and vitamin D (coming soon: B vitamins and electrolytes). \$99, vitometer.org (expected to be available online this summer).

3. THE FOODSNIFFER

Detects: Spoiled food How it works: Point the device at the food in question (poultry,



app, it analyzes the surrounding gases and rates the food "fresh." "cook well" or "spoiled," US\$130. myfoodsniffer.com.

4. THE TELLSPEC FOOD SENSOR

Detects: The nutritional makeup of your food

scanner that analyzes food at a molecular level. The information is sent to an app that also measures calories, carbs and glycemic load. U\$\$499. telfspec.com

(expected to be available in early 2017).

One to Watch



Dr. Mike Evans @docmikeevans

The Toronto family doctor and YouTube sensation has a whiteboard video series that covers everything from acne to genomic sequencing. Last fall, he was recruited by Apple to innovate in the field of digital health care.

120,000

HELPED IN 2016 THANKS TO AN APPICALLED FIGURE 1 (ALSO KNOWN AS TINSTAGRAM FOR DOCTORS") THAT CONNECTS THEM WITH PHYSICIANS AROUND THE WORLD, IT WAS DEVELOPED BY A CANADIAN START-UP.





 Take 2 capsules of Lakota Joint Care Formula every morning with breakfast.



 Natural source pain relievers, such as White Willow Bark, target and relieve tough joint pain.



3. Boswellia and Devit's Claw reduce inflammation, while Lumanite rebuilds joints, increasing comfort and mobility.

Pain relief for moving mountains.

Based on traditional medicine and made with natural ingredients, Lakota Joint Care Formula is natural pain relief that works. For reviews and testimonials visit Lakotaherbs.com. LaKOTA



Spread the health

In an excerpt from her new book, Better Now, Dr. Danielle Martin explains how eliminating poverty could be the key to improving health care for everyone



eslie is a single mom who used to live in downtown Toronto, I've been her family doctor for a decade. When I met her, she was living with her teenaged son and was in close daily contact with her father. She had her share of health problems, but they didn't stop her from living her life. Then her breathing troubles began.

Leslie suffers from severe asthma. She uses multiple puffers and has been on and off prednisone (a powerful drug with significant side effects) many times to try to control her symptoms. She's been seen by specialists and has been in and out of the emergency department dozens of times. But she didn't have asthma when I met her. It started when the social housing unit she lived in had a flood. Mould grew inside the walls of the building, and Leslie's health began to deteriorate. She took photos of the mould and brought them to her landlord. Her doctors, including me, wrote letters of support, trying to get her moved to another apartment or another building. During that time, her physical and mental health deteriorated.

She became depressed. Her relationships fell apart. She gained weight and her blood pressure worsened, in part because she couldn't exercise due to her breathing problems. There was a period of time when seeing Leslie's name on my clinic list meant preparing myself to write letters or fill out forms, and lots of them. Letters to the social housing authority, to her building superintendent, to her case worker. And then, as it became clear that her health wasn't going to improve, application forms for permanent disability benefits. It took her, and

us, two years to get the system to respond to her requests for a new apartment in Toronto's social housing system. By the time she moved, to an apartment far from her existing community, she wasn't the same person anymore.

There's a reason I felt powerless in the face of Leslie's cough. Leslie wasn't sick with asthma. She was sick with poverty-and she still is. She was afflicted by a lack of access to appropriate housing and the basic human dignity that comes with being able to make the choices we all want to make to stay healthy.

One of the best ways to help Leslie and other Canadians facing the same challenges can be explained without even a passing reference to health care. But acting on it would do more to improve health than any single other policy our governments could embrace. Far more than consumption of medical care, income is the strongest predictor of health. Canadians are more likely to die at an earlier age and suffer more illnesses if they are in a low income bracket, regardless of age, sex, race, and place of residence. There are at least two ways in which income is related to health. First, income allows people to purchase the things that are necessary to survive and thrive, such as nutritious food and safe shelter. Second, income affects health indirectly, through its effect on social participation and the ability to control life circumstances. Put another way, the biggest disease that needs to be cured in Canada is the disease of poverty, and part of the cure is to implement a big idea: A Basic Income Guarantee for all Canadians.

e can eliminate income poverty by ensuring that no one in Canada has an income below what's needed to achieve a basic standard of living. If we did so, we'd see a considerable improvement in the health of Canadians. The Basic Income Guarantee goes by various names (such as the guaranteed annual income, the negative income tax, and the basic income), and there are different ways to design it. The version I like best works like this: if your income from all sources falls below a certain level, you get topped up to a level sufficient to meet basic needs. That's it. A true Basic Income

I did too much talking and not enough listening. When we try to micromanage our assistance to people, we insult their humanity and their intelligence. And we don't help them much at all.

Guarantee would ensure that everyone in Canada has an income above the "poverty line."

The Basic Income Guarantee can't and mustn't replace all social programs. We still need good public education, publicly financed health care, quality affordable child care, affordable housing, and reliable unemployment insurance. But it would eliminate the need for the kinds of income support programs that invade people's lives and limit their choices. Many existing programs, such as social assistance in Canada or food stamp programs in the United States, are based on a highly paternalistic approach to social welfare. Such systems also require substantial administrative investments-forms have to be filled out, case workers must meet with recipients. people are required to prove that they've been looking for work and to account for how they spend their money...the list goes on. No Canadian has expressed the benefits of the Basic Income Guarantee better than former Conservative senator Hugh Segal. As he's consistently pointed out, if our tax system topped up everyone who was beneath the poverty line to above it, we'd liberate millions of dollars currently used on provincial social assistance programs. And recipients "would not be treated as dim creatures, incapable of making decisions; they would be treated as human beings trusted to make life choices."

When I was a resident working at St. Michael's Hospital in Toronto, Fatou, a young woman who'd recently arrived in Canada from Senegal with no family or

other supports, came under my care for her pregnancy. As I began seeing Fatou for her regular prenatal checkups, I became very conscious of her vulnerability. I knew that Fatou was underhoused, moving back and forth between the homes of members of her community and a women's shelter, and that she was on social assistance. We had long conversations about how to take care of herself in her pregnancy. I gave her printouts with lists of public health dental clinics, local food banks, and charities that provided some basics to low-income new mothers.

However, I became concerned in the middle of her second trimester: Fatou was simply not gaining weight. Her belly was getting bigger, but I could see that the rest of her was shrinking. I sent her for various tests looking for thyroid problems or parasites. Over and over I explained to her how much she had to eat in order to maintain a healthy pregnancy. I told her to make sure she went to the food bank if she couldn't afford to buy the food herself. I drew little maps of where the food bank was. I found myself feeling frustrated because I was working so hard to help her and felt she wasn't doing her part to help herself. After weeks of these discussions, she finally broke down crying. She explained that she'd been going to the food bank, but that she'd had to throw out most of what she got there. It all came in weird boxes and she couldn't figure out what it was or how to prepare it - boxes of macaroni and powdered cheese, cans of ravioli, and other items that were essentially unrecognizable to her as food. She didn't know what to do with it. And she was too ashamed to say so; instead, she went hungry. Had she been given a bag of rice and a bag of beans, Fatou would have known what to do. Better yet, if she'd been given the money she needed to live on, she could have purchased and prepared food herself.

I remember this case with shame, I did too much talking and not enough listening. I also remember it as a powerful illustration of how wrong we are as a society to think we know better than people themselves do about how to spend their money. When we try to micro-manage our assistance to people, we insult their humanity and their intelligence. And we don't help them much at all.

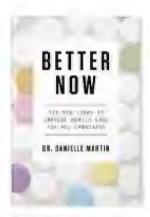
asic Income Guarantee pilots have been done all over the world. The single Canadian example was carried out in Manitoba. In the 1960s and 1970s, the extent of poverty among seniors and other groups across North America was becoming a significant concern. South of our border, building on the momentum of President Lyndon Johnson's "war on poverty," the Office of Economic Opportunity ran four Basic Income Guarantee experiments; and in Canada, Prime Minister Pierre Trudeau's Liberal government decided to launch its own. The newly elected Ed Schreyer, Manitoba's first ever NDP premier, volunteered the province as the site for the experiment. In 1974 the project was introduced in Winnipeg and in the small farming community of Dauphin. They called the experiment Mincome. The purpose of Mincome was to determine the effect of offering a guaranteed income on work effort. Would people quit their jobs? Would the costs of the program balloon as people dropped out of the workforce? In Winnipeg, a small proportion of the total population was chosen to participate. For comparison, participants were matched to people just like them who continued to use the existing set of social programs. In Dauphin, they tested a different model: everyone who lived in the town of ten thousand received the same guarantee.

A comparator group of people was selected from nearby communities to complete various surveys but did not receive support. In Dauphin, any individual who had no income from any source would receive an income of approximately 60 percent of the Low Income Cut-Off (the unofficial poverty line). As their earned income increased by one dollar, benefits would be reduced by fifty cents until they disappeared entirely. The unanticipated high levels of unemployment in the years following meant that more families sought more assistance than anticipated. When Mincome researchers approached the federal and provincial governments for more funding, they found that priorities had changed. Provincially, in 1976, the Schreyer government lost to the Sterling Lyon Conservatives, who weren't interested in helping out a struggling NDP research project. The families continued to receive support, but the research aspect of the project came to an end. Not long after Mincome ended in Dauphin, scholars from the University of Manitoba dug into the data to examine the work outcomes for Winnipeg participants.

Much like their U.S. counterparts who scrutinized results from the American experiments, they found very little reduction in the number of hours people worked in response to having a guaranteed income. In other words, the fear that the money would impel people to stop working wasn't borne out. Two groups, however, did reduce their hours worked: married women who used the income to "buy" themselves longer maternity leaves (which at the time were in the fourto six-week range) and "young, unattached males" who reduced their work effort substantially and stayed in school instead. Most of the remaining Mincome data sat in boxes in a warehouse for over thirty years.

Enter Dr. Evelyn Forget, a health economist at the University of Manitoba. In 2006, she decided it was time to learn about the impact of Mincome in Dauphin. Using databases only now available in the twenty-first century, she was able to reconstruct the story. The Forget research team compared the outcomes of people who lived in Dauphin to people with similar characteristics who lived in similar communities in other parts of Manitoba at that time. The results were striking. Before Mincome came along, residents of Dauphin were 8.5 percent more likely to be hospitalized than people like them in the neighbouring communities. But by the end of the program, this hospitalization gap had completely disappeared. Mental health visits also declined, both in hospital and in family doctors' offices. Overall, the reduction reflected a decrease in health care use across the entire population of Dauphin. This is known as the "social multiplier effect": if something is good for many of your neighbours, the positive effects spill over to you as well.

The Basic Income Guarantee isn't a pipe dream. In Canada, we already have one for seniors: Old Age Security and the Guaranteed Income Supplement. We also have one for families with children, called the Canada Child Benefit, Taken together, they essentially offer a Basic Income Guarantee to around one-third of the Canadian population. What is left now is to close the gap so that every Canadian can be protected from the health effects of poverty. By dissolving some programs, recouping some of the savings from other parts of the health and social services systems, saving on administration, and investing some of our collective wealth, we could design a Basic Income Guarantee that would deliver a huge return on investment. (G)



Better Now

Dr. Danielle Martin, \$32.

Excerpted from BETTER NOW: Six Big Ideas to Improve Health for All Canadians, by Dr. Danielle Martin, on sale January 2017 (published by Allen Lane, a division of Penguin Random House Canada). Adapted with permission.

Danielle Martin is a family physician and vice-president, medical affairs and health system solutions, at Women's College Hospital in Toronto.



What it feels like to be panicked all the time

Alanna Banks kept her terrifying battle with panic disorder a secret, even from her family, for more than 30 years. But once she started talking about it, she couldn't stop.





As told to KATIE UNDERWOOD Photography by REYNARD LI



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rom the outside, you wouldn't know that I'm an anxious person, or that I suffer from agoraphobia and panie attacks - that when I'm having a panic attack, my heart's racing and I feel like I'm going to lose control. I've lived with this secret for such a long time that I've gotten really good at pretending everything is cool when, inside, I'm freaking out.

There is such a stigma around mental illness that many people, just like me, often suffer in silence. I can fake feeling fine, but I'm constantly on high alert. In many ways, I'm average: I have two boys, 3 and 5. I'm happily married. I had a 10-year career in public relations and now I run my own business. Chances are someone in your life has a phobia or has to deal with panic attacks, but you don't even know it.

I think I was probably born this way. My earliest memory of anxiety happened when I was nine. My grandma wanted to take me to the CNE on the bus-any child's dream day-but I really couldn't imagine anything worse. I hated going to huge public events like that: the fear of being in a large crowd, not being able to leave, getting lost or left behind. As I grew

older, I refrained from doing certain activities with friends and family. Still, I just kept everything to myself and never thought to seek help.

I have so much anxiety—the panic attacks, the phobias, they're all mixed together. A lot of my triggers are confined spaces: like if I'm on a chairlift, in an elevator or on a packed streetcar or subway, I'm afraid of being trapped with a bunch of people. Even mundane tasks, like going to the grocery store, can trigger me. I have mapped out my life to avoid those things.

There were times at work when I'd have a major panic attack. I'd have to leave the office and go to the bathroom or walk outside just to calm down. Another big thing for me is food: I have emetophobia (fear of vomiting) so I get really panicky about getting sick after I eat. I'd never go to an all-you-can-eat buffet or sushi restaurant - and don't even talk to me about oyster bars. When I worked in PR, client lunches with room-temperature deli sandwiches were really stressful for me. There are so many things I wish I could be laissez-faire about.

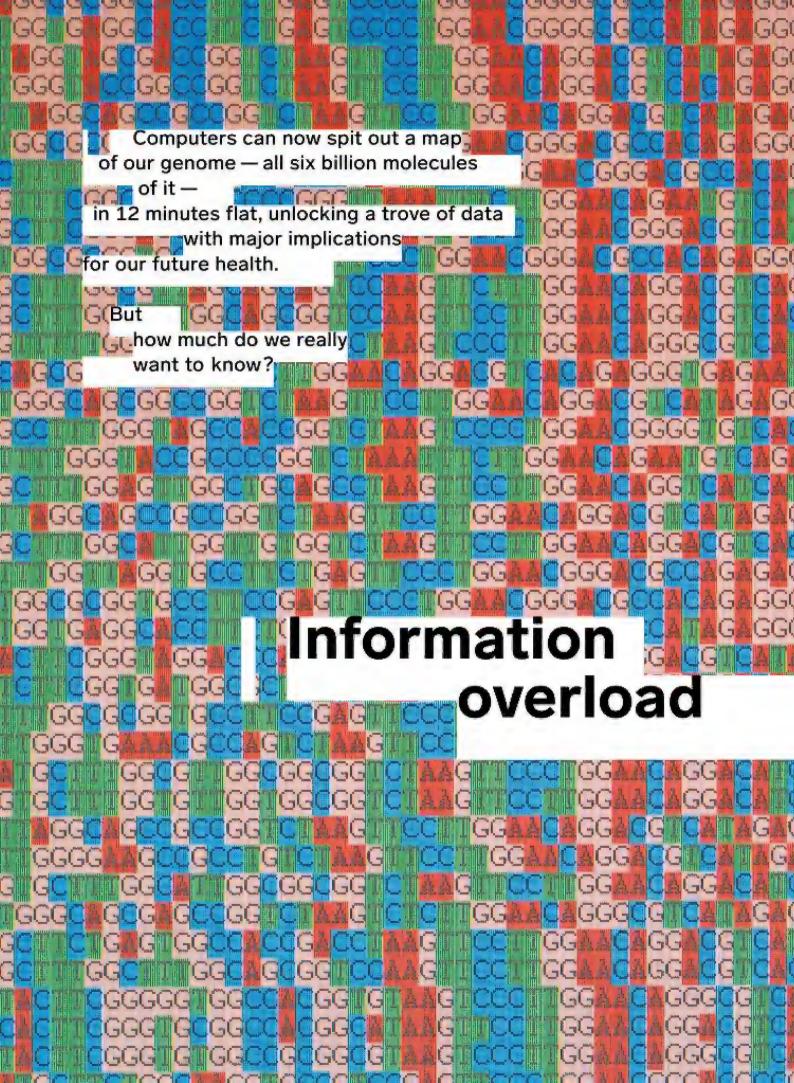
The first time I sought help was five years ago. I had a very traumatic delivery

with my first son that ended with an emergency C-section. (I'm anxious around sick people and hospitals too. I've got a lot of things.) Getting through that experience was huge. I thought, "Wow, I did it! I was in the hospital, had my baby and a massive surgery, and I got through it!" Being off on mat leave, I had a lot of idle moments to reflect on my anxiety, and, in my new-found role as a mother, I realized I have someone looking to me to make decisions and take care of him and keep him safe. That made me really think, "I can't let this fear run my life anymore." Ethan was the impetus for me to come out of the closet, so to speak. It wasn't until then that things really started to change for me, for the better,

I confessed everything to my husband and explained that I wanted to seek professional help. The relief that gave me was amazing-just getting that elephant off my chest. My doctor referred me to a cognitive behavioural therapist, who helped me understand panic attacks and analyze my triggers. Even just having him assure me that I can't die from a panic attack was incredibly comforting. From there, I was able to take the skills he gave me, combine them with my own research and come up with coping mechanisms.

I wish I hadn't kept my anxiety a secret as long as I did-for 30 years! Therapy was expensive, and a big commitment, but it was very helpful. You can buy books and Google stuff and do worksheets, but you really need that person on the other side to listen and talk and give you tips. As soon as I started opening up about it, I couldn't stop.

For a long time, I thought there was something wrong with me. I thought that I was alone, that this was my life and I just had to deal with it. People need to understand that even "normal-seeming" people have these kinds of problems. I still have bad periods, but it's definitely better than it used to be. I still suffer from panic attacks and phobias, but now I have coping mechanisms to help manage my more intense feelings. I'll do deep breathing or I'll put my earbuds in, if I'm by myself. If I'm with my kids, I'll focus on them or hold their hands. I know now that the best thing to do is stay in the situation. The more you focus, the more you realize the world isn't going to implode. So I close my eyes and wait for the feeling to pass. I know it will. @





it had been possible to peer into your own DNA at the time Michael Szego was born, his life might have been very different. The 42-year-old would have learned as a child that he carries a genetic variant linked to a disorder called hypogonadism, leaving Szego and his parents to fret for years over how he would grow up.

Boys with hypogonadism don't produce enough testosterone to fuel normal masculine development. Puberty can be delayed or impaired. The disorder can lead to sexual dysfunction, infertility and often depression. But Szego didn't see his genome until 2015, when he was already a healthy father of three. By then, he could also see how easy the genome is to misinterpret. "If I got this report for my children, I'd be pretty worried," says Szego, a bioethicist with the University of Toronto. He adds that if the result had been part of a prenatal test, "it might change my position about what their life might be like."

There's no longer any need to speak in hypotheticals. In Canada and the U.S., the first group of children are now growing up with their entire genomes mapped. As the technology to read DNA's chemical code becomes faster and cheaper, hospitals and academic centres in countries all over the world are investigating what happens—medically, socially and psychologically—to both families and the health care system when you read a genomic road map of a human life at the start.

A genome, after all, is like no other piece of personal information. A chain of six billion nucleotides passed down from parents as 23 pairs of chromosomes, it holds a trove of secrets about a child's past, present and future—literally millions of data points about a person's health, appearance and behaviour. Theoretically, there could be much to gain: diseases detected before they develop, early interventions to improve health and extend lives. Everyone's genetic map is dotted with potential and peril, but also plenty of biological minutiae.

CAROLYN

ABRAHAM

Meanwhile, the science itself remains in its infancy—
and there's a gaping chasm between reading and
comprehension. "Ninety percent of the genome is still
not understood," says Stephen Scherer, director at
the Centre for Applied Genomics at Toronto's
Hospital for Sick Children and one of the field's leading experts. The computational power to unwind
and sequence a genome's six billion units has progressed at a dizzying pace: The first genome map
took 18 countries more than a decade to complete;
today, machines at the Broad Institute of MIT and
Harvard can spit one out every 12 minutes. But the
ability to fathom what it all means—which quirks of
code might make you sick, keep you healthy or simply
reveal your Neanderthal ancestry—lags far behind.

Add in the unpredictable impact of lifestyle and the environment, and genetic road maps are fuzzy at best. Sure, researchers can spot landmarks where a single gene mutation will definitely wreak havoc, as well as dodgy areas that could be hazardous. But rarely can they accurately predict where a street leads and, especially, when it will end at the doorstep of big, common scourges like diabetes or cancer. The day when health care can be fully customized to our genes—that big dream destination of genomic medicine—appears to be a long way off.

Of course, the market seldom waits, and people's appetite for do-it-yourself DNA tests has grown. Home kits that assess your health risks or ancestry, or your perfect diet or date, fuel a market expected to hit \$350 million by the end of the decade. The popular consumer-testing company 23andMe has more than a million DNA samples, and AncestryDNA has a database of more than two million. This fall, a Silicon Valley start-up called Helix announced a service that offers access to our DNA through our smartphones, with a plan to sequence and store customers' genomes while selling affordable pick-and-play testing apps that might charge, say, five bucks to find out if you have a sweet tooth, or \$10 to learn if you really are lactose intolerant.

Yet with all that remains to be understood about the genome, experts warn that the potential for misleading results, misdiagnosis and even genetic discrimination is growing right alongside consumer demand. As a recent report from the Mayo Clinic warns, "Genetic testing is a powerful tool, but it can also be a dangerous weapon." Szego says that his result, with its link to a disorder that could leave him sterile, is clear proof that more research is sorely needed. On paper, his genes suggest one story. In real life, his three children tell another story altogether. Maybe unidentified genetic traits protect him from hypogonadism; maybe the environment does; maybe the variant is nothing at all. "We just don't know," Szego says. "It shows you the limits of the data."

Since the first

disease gene was discovered in Canada in 1989, genetic tests have been developed for thousands of conditions, most often by studying the DNA of people with particular disorders. It's largely a process of association: When researchers find a genetic abnormality in people with the disorder but don't see that same glitch in others without it, the mutation is pegged as a likely culprit. But now it turns out that many of those associations have been wrong.

After combing through the genes of more than 60,000 people, an international research team reported in August that scores of mutations previously thought to be dangerous, or even deadly, are actually harmless. The report, from the Exome Aggregation Consortium (ExAC for short), reached its conclusion after finding these supposed disease genes are also relatively common in people who remain healthy. Until last year, in fact, it was estimated that each of us carries an average of 54 gene variants that are pathogenic. But it turns out that about 41 of them likely aren't.

The disturbing implication is that people have been misdiagnosed with genetic disorders or risks they don't have, suffering through groundless anxiety and possibly treatments they never needed. This fall, doctors at the Mayo Clinic reported a case in which a commercial test wrongly informed more than two dozen members of an extended family that they had a potentially fatal heart condition; one family member had a defibrillator surgically implanted in his chest based on the faulty news. Further investigation at the Mayo Clinic revealed the family's gene variant is harmless.

Part of the problem researchers face is that they long underestimated how much normal variation there is in the genes of healthy people, especially because the vast majority of studies have focused on subjects of European descent. Most studies hunting around for disease genes have also concentrated on abnormalities within the normal sequence of a gene. But other types of changes could be just as crucial, Scherer says, including extra copies of genes or genes that are missing entirely.

In September, Scherer kicked off a massive project that aims to sequence the genomes of 10,000 people a year in Toronto, where it's hoped the city's



What the law says about your genes

WHAT Bill 5-201, which generating asly passed second reading in Parliament en fall 2016, would criminalize senetic discrimination by any third party. including insurance companies. employers, schools or landlosels. Canada is the only G7 country without such a law.

WHAT ELSE The legislation would also add genetic characteristics to the Canadian Human Rights Act and change the Canada Labour Code to prevent employers from ordering employees to have a genetic test or punishing those who refuse.

ethnically diverse population will offer a wider lens on human DNA. Before that, in 2012, Scherer launched the Personal Genome Project Canada, which is assembling a public online database of people's DNA, along with their medical histories and lifestyle information, for researchers around the world to study. (Similar versions are under way in the U.S. and U.K.) So far, about 1,000 people have signed up and 50 have had their DNA sequenced, including Szego, who happens to be the project's lead ethicist.

Szego's result is not the only surprise to emerge from Canada's genome project. In another case, one man was found to carry the genetic variant for early-onset Alzheimer's - but at 70 years old, he still doesn't have it. "We would have expected that variant to lead to Alzheimer's 100 percent of the time," says Jill Davies, the project's Toronto-based genetic counsellor. "The question is, what makes him resilient?"

It may be years before researchers have an answer. But they believe the only path out of this dark age of DNA is to collect and study more of it - including from children, whose contribution may shed light on the impact of genes and the environment over a lifetime.

While the current

state of DNA sequencing seems underwhelming and often confusing, experts predict that it will one day lead to personalized medicine. It's also likely to soon become a standard screening tool for newborns, since it will be less expensive to sequence a whole genome than to test one gene at a time after something goes wrong.

Yet aside from when it's used to diagnose a specific disorder, genetic testing in children has always raised thorny ethical issues. The controversy stems from the idea that casting a wide net into a child's genome can turn up information about all sorts of unrelated conditions, such as future heart health or cancer risks, and therefore robs an adult of the right to decide for herself what she might want to learn from her DNA. Parents may want to know if their young daughter is susceptible to depression, but that daughter, once she's grown, may not.

For adults, the American College of Medical Genetics and Genomics recommends that doctors share the results of incidental or secondary findings only if they are "medically actionable," meaning that the knowledge could lead to an intervention to improve the risk of disease. Discovering a gene linked to colon cancer, for example, might convince someone to undergo more frequent screening or cut red meat from his diet. (To date, the college has identified 56 genes that it considers to be medically actionable.)

With children, most health experts feel that doctors should tell parents only if they stumble upon a medically actionable condition that could develop in childhood, like muscular dystrophy or a sleep disorder. But with whole-genome sequencing on the horizon, researchers are examining how parents react when the option is there to learn much moreand discovering that many of them are ambivalent about the information.

In the U.S., the National Institutes of Health is funding four pilot projects to investigate the benefits and risks of sequencing children's genomes, including risks related to privacy and discrimination. But in the study focused on newborns, parent participation has been low. At Brigham and Women's Hospital in Boston, more than 2,400 parents have been approached to take part in baby sequencing, but so far, only 7 percent have agreed.

Toronto researchers, who are exploring the consequences of sequencing children's whole genomes, have had more luck. At Sick Kids, several of the invited parents described a moral obligation to learn as much as they can, even when the conditions might not strike until adulthood. "Faced with the choice...parents felt they had no choice," Sick Kids researchers wrote in a study that will soon be published in the Journal of Medical Ethics. While some parents expressed concern about whether a child could "live a happy and productive life" with "a guillotine hanging over his head of all these possible things that [could] go wrong," others felt screening gave them valuable tools to "look for early signs of anything that could possibly affect her later in life."

Researchers feel a similar obligation to provide parents with information about medically actionable conditions. Co-author Cheryl Shuman, the hospital's director of genetic counselling, says the Sick Kids approach is unique among medical centres. When a child carries a mutation linked to an adult disease, such as those involved in heart disease or breast cancer, it was most often passed down from one of the parents, she says. With parents informed, they can choose to be tested themselves and act to maintain their own health, since "having healthy parents is in the best interests of the child," Shuman says. Parents weren't quite so certain: The study found "a significant minority" of them refused to learn about risks lurking in their own DNA.

How parents will respond to any of this is another unknown in the field. It may be that their ambivalence can never be resolved. But the work at Sick Kids, Shuman says, will shape guidelines to help parents decide whether they want that genetic road map of their children, and what they should choose to learn from it. Having those guidelines is crucial, Shuman adds, since genome sequencing is poised to become routine. "But it shouldn't be a life-altering piece of information," she says. "Our genes don't define us or determine our destiny." G

WHY

The Canadian Coalition for Grenetic Fairness reports that genetic discrimination is already happening across the country. especially in cases of ensurance companies hiking premiums or refusing to grant policies after wormsome genetic test results.

WHY ELSE

The law won't just protect individuals, it may leelp advance science: Fears of privacy breaches and genetic discrimination have deterred people from participating in genome seguencing.



COGNITIVE HEALTH

Brain food

Ten diet staples that can help fight dementia Bu CARA ROSENBLOOM

STUDIES HAVE LINKED eating certain foods with a reduced risk of dementia, but Canadian researchers are taking this notion one step further: Matthew Parrott, a scientist at the PERFORM research centre at Concordia University in Montreal, and Carol Greenwood, a senior scientist at Baycrest's Rotman Research Institute in Toronto, are examining which combination of foods provides the best protection against cognitive decline. They are working on a Brain Health Food Guide that gives top billing to some staples of the Mediterranean diet, which has been linked to a 35 percent lower risk of Alzheimer's disease. The key, they say, is to eat certain quantities of these foods as often as possible, while limiting your intake of red meat, processed foods and baked goods.

diagnosed with dementia over age 65 who are women. according to the Aizheimer Society of Canada.

Raw leafy greens Darker greens, such as spinach and kale, have more brainboosting antioxidants and vitamin K.

Cruciferous

vegetables Broccoli, cauliflower and brussels sprouts are high in vitamin K. and glucosinolates, which have an antioxidant effect.

Blueberries All berries have a positive effect on brain health. but blueberries. have been studied the most. They contain flavonoids, which activate brain pathways associated with less cellular aging.

Beans

It's unknown exactly what makes beans, lentils and chickpeas. good for brain health, but it's likely due to a combination of antioxidants fibre vitamins and minerals.

Nuts

Unsalted nuts are high in antioxidants. and healthy fats. Walnuts are particularly high in omega-3 fatty acid, a brainprotective nutrient.

Fish

The jodine and iron in all types of fish are thought to help maintain cognitive function. Fattier fish, like salmon and trout, also contain brain-boosting omega-3 fatty acids.

Whole grains

Choose fibre-rich whole grains like oats, brown rice and whole-grain wheat to offset your intake of refined grains.

Poultry

Substitute chicken for red or processed meat as often as you can (but only one serving a day).

Low-fat dairy Opt for 1% or skim milk and yogurt. or cheese with 22% milk fat or less.

Olive oil

Use this as your main oil for cooking and in salad dressing. It contains monounsaturated fats and vitamin E. as. well as antioxidants.



THE CHATELAINE



Canadian Heritage Minister Mélanie Joly on throwing Canada's 150thbirthday party, changing the system from inside and dealing with the pressure of politics

By SARAH BOESVELD Photograph JASON RANSOM >> 2017 is going to be a very big year for Mélanie Joly-and Canada. The 37-yearold lawyer and public relations rep manages one of the most ambitious and, to her mind, one of the "coolest" portfolios in the Liberal government, which includes the high-pressure task of marking the country's 150th anniversary. The sesquicentennial, a year-long, cross-country celebration that kicks off in Ottawa this month, comes at a moment when Canadians are questioning our culture more urgently than ever. What stories have been left out of the history books? What's the point of CanCon in the age of Netflix? What fresh havoc will President Trump wreak north of the border? Joly spoke with Chatelaine about these and other questions of heritage on her way from her Ottawa office to her home in Montreal, where she once ran for mayor (and may or may not do so again).

What's it like to throw a \$210-million birthday party for the country? We'll be having a great party, but overall I'm hoping the legacy of Canada 150 will be an emotional one. There will be hundreds of community projects around the country, and micro-grants that can be used to help a women's shelter, have a block party or green a part of a given city.

What's the goal of these initiatives? To celebrate the reconciliation with indigenous people, to get youth involved, to champion the environment and diversity and inclusion and to make sure that people get to know each other. Hopefully, by the end of Canada 150, we'll have increased the numbers of volunteers and increased the social cohesion within our society.

2016 was a tough year for a lot of reasons, and the 150 celebrations will set the tone for a brighter 2017. But they also kick off in the same month as Donald Trump's inauguration. Canadians are feeling a lot of anxiety about his presidency and the effect it may have on our culture. How do you address that anxiety as heritage minister? All Canadians have a lot to look forward to in 2017. We're displaying great international leadership, and we've just wrapped up consultations on Canadian content in a digital world. I'm also working on developing Canada's first-ever cultural export strategy to promote our storytellers, musicians, authors and moviemakers and to harness their potential.

Confederation is a very white, male story. Obviously, the history of Canada stretches way beyond that. How does that tension factor into the plans for 150? We want to make sure that when we're talking about the past 150 years, we include the perceptions of women and of people who didn't have strong voices in the past 150 years, including immigrants and more vulnerable people and certainly, also, indigenous people.

Can you give me an example of how you'll do that? The first that comes to mind is Indspire, a speaking tour across Canada that will showcase positive leadership, including indigenous women. We want to give these women a platform to speak about their reality and inspire others.

We've done a terrible job of teaching generations of kids about indigenous culture. How can we do better? I have in my mandate letter [the directive] to develop the first policy to support indigenous languages and culture in the history of our country. So I want to make sure, along with indigenous people, that they have access to their own mother tongue, and that they can celebrate the uniqueness of their own cultures. Empowering them empowers every single Canadian in this country.

The country has always lived in the shadow of the U.S. when it comes to cultural output. How do we shake that? People hear about Canada but sometimes don't know they're hearing about Canada. We're the third-biggest exporter of musical talent in the world, we're the third-biggest video games producer in the world, we produced \$7 billion worth of film and television last year-and \$3 billion of that was exported. We're number one in virtual reality - we were the creators of IMAX, and we're one of the first countries to send a satellite into space. These examples are just not necessarily known as Canadian.

Whenever people mention your name, it's usually in the same breath as "She's so ambitious." How does that scan to you? I'm very proud to be ambitious. I'm ambitious for my community and for the people I work with. I want to make sure every single person on my team is able to realize his or her own ambition. I don't see it as a competition with other people. It's a competition with yourself.

How do you handle the pressure? I've gone through some issues with anxiety since I was a baby. Performance anxiety has always been the reality of my life. I make sure I take time for me, and that I get to rest and get in a run.

A lot of women are their own worst critics. Is that true for you? Yes. You have to have good psychological resilience, and you have to be able to deal with criticism and know why you do things. That's why it's so important to be humble. Because if you're only ego-driven, this is an extremely tough business. It can be extremely damaging to your emotional health.

"Change the system from the inside. Even if you fail, you have to take that step of getting involved in our community. Find an issue you're passionate about and fight for it. Be yourself and be ambitious."

You ran for mayor of Montreal in 2013. Any plans to make another run? |laughs| I am very happy to be heritage minister.

More women are taking on political leadership roles, but a lot of us were still pretty crushed when Hillary Clinton lost out on the presidency. What would you say to Canadian girls about the challenges and rewards of running for office, whether for the mayoralty or as an MP? Change the system from the inside. Even if you fail, you have to take that step of getting involved in our community. Find an issue you're passionate about and fight for it. Be yourself and be ambitious. You have to go for it.

It sounds like Canada 150 is all about bringing people together. How do you make sure that message of unity stays on track when Trump's divisive rhetoric has already gained traction in certain pockets here? Canadians created a movement - an example for the world - by welcoming Syrian refugees in communities across the country. We are open and welcoming. We truly embrace diversity. @



Discover joy this holiday with the KitchenAid Stand Mixer. Prepare for holiday entertaining with KitchenAid and you'll be everyone's favourite holiday party hostess.







too, feel bad about my neck. Years of stubbornly refusing to sleep on my back combined with what a tailor once called "an almost impossibly high bust" (not a humble brag, a full, regular brag) means the force with which I mash my boobs and chin into the pillow has created a series of horizontal lines bisecting my neck at regular intervals, like the kind that tell you the age of a majestic tree. I once went to a fancy creams store to try to find something that would help, and, as Nora Ephron found out before me, there's basically nothing you can do. "You could try sleeping on your back," suggested the fancy creams saleswoman wearing a lab coat for no reason. "Or there's this really expensive treatment you can get that's, like, hundreds of injections in your neck." See? Nothing.

I think negative things about my neck an average of three or four times a day. After my neck, I am most self-conscious about the following body parts, in this order: big arms, small teeth, cellulite-dappled thighs, poor posture and a mole under my nose. developed around 13 - the perfect age to get an embarrassing new facial feature. There are more, depending on how my clothes are fitting, whether I have recently been flirted with by the right kind of sweater nerd and where I'm at in my menstrual cycle. But, in general, like many if not most women, I have a running catalogue of physical concerns that Leyele through in a day, complaining to myself, my partner or, most often, my female friends.

The neck thing is completely indisputable. The lines are right there, all the time, plain as day. Because of this, my friends can't perform the classic ritual dance of self-hatred and group deflection all women seem to be taught sometime around grade 5 or 6: "I hate my _____," one will say. This sentence is a pitch pipe, calling on the rest of the group to harmonize in a desperate chorus of noes. Typically, the more obvious the flaw, the higher pitched and more stretched out the denial becomes: "Your jeans look perfect on you and no one could say otherwise!" "No one can tell you have a sunburn!" "Honestly? From where I'm standing, I can barely even see that you have a mole!!!"

This is all stuff you know. Nora Ephron detailed this feeling in I Feel Bad about My Neck, a book that chronicles extensively her problems with her body, face and hair and the general upkeep required by each. (Although she was 65 when she wrote it, so my neck thing feels both more doomed and more





















urgent - sorry, Nora.) The book is a classic, and I brought it on a recent holiday in Greece for my friend Gabi's 30th birthday because I thought it would make a good beach read, and because the only way I know how to deal with turbulence over water is to drink three glasses of plane wine while reading light personal essays by women who make me laugh.

Now, this trip: Gabi is a fashion blogger, plus-sized model and swimwear designer, and, as a result, a great number of her friends are plus-sized models as well. The group she'd assembled was composed of 14 women of varying shapes, sizes and colours, united by two things: a love of Gabi and an almost frantic level of positivity, directed violently outward at all times. I wondered if I, a pessimistic neck hater, could fit in with this crowd of beautiful, welladjusted, happy people. I thought I'd have to sit this one out, plagued as I was with bouts of negative self-image this entire group seemed never to experience. Yet, three or four days in, I was so relaxed it was making me anxious. I felt at ease and comfortable in my skin. I forgot to moisturize my neck. How was this happening?

Vacations are typically a hotbed of negative selfspeak: "No one wants to see me in a bathing suit." "Don't take my picture, I'm disgusting." "These beautiful topless Greek women make me want to kill myself," etc. This time, I realized that none of my travelling companions had uttered a word against themselves since we'd set foot in our rental villa. And, actually, neither had I. Further, I'd put Ephron aside; her self-critical tone was jarring in light of what was going on aboard the catamaran.

Rather than a lament for the severity of our various perceived and real imperfections, the dominant mode of the vacation was an unyielding barrage of thoughtful and specific compliments about our non-bodily features. The vibe was "bachelorette party at the end of a winery tour," but it started at breakfast, well before the two-litre bottles of delivered pinot grigio were opened for the day. I pointed this out to one of the other women and was told that, for her at least, it was a conscious choice: "I don't always feel great about myself, but I think everyone else looks amazing, so I just focus on that and try to ignore the negative shit I feel about my own body. It's good practice and, frankly, a good distraction." She also pointed out that this was not the norm for her. "I started doing it on this trip," she said.

An informal, pinot-grigio-fuelled poll revealed that the group's overall attitude was nobody's norm at home. Whether by dumb luck or because we were too busy freaking out about the view from the roof, no one had dropped that first hit of negative talk required to start a vacation-long round robin of self-directed insults and reassurances. The entire week was an experiment in something like bodily denial.

We discussed around it, often: outfits, hairstyles, makeup, dance abilities (in my case, a comic lack thereof). Anything that was a conscious choicesomething we'd done to or developed in ourselves - was fine conversational fodder. We hung around in our bathing suits all day, talking about our friends or our jobs or an article we'd read somewhere, instead of whether we liked or did not like how we looked in our two-pieces. As this went on, as meals passed without anyone speculating what the high-fat Mediterranean diet would do to her thighs, I felt lighter and lighter. It is the longest I have ever gone without thinking about my body in a positive or negative way-without thinking about it at all.

Something I'm dancing around here: body positivity, too, is exhausting. If you exist at all outside of the white, blond, able-bodied, thin yet ample-busted idealized body, you're barraged with negative messages from media, strangers and well-meaning (or otherwise) friends and family. It can feel futile to try to resist this onslaught of negativity, and in the past few years, my resistance has morphed into something of an obligation: Good feminists accept their bodies, love themselves unconditionally and "embrace their curves." Smarmy ad campaigns scream at us to feel beautiful no matter what, to love how we look, girl, and

Freedom, to me, is the ability to look in the mirror, think "fine," or "great," or "not my dream come true, but here we are," and then think about something else instead.

> also to buy this soap! We're demanded to adore ourselves in the face of constant hints that, really, we shouldn't, and pressured to live our politics by loving how we fill out a crop top. Our focus is guided, always, toward how we look. I realized on this trip that freedom, to me, is the ability to look in the mirror, think "fine," or "great," or "not my dream come true, but here we are," and then think about something else instead.

> This time of year is rife with talk about our bodies: how to whittle them down, scour them of toxins, punish them for having had too much holiday fun. No one is so simultaneously full of self-loathing and hope as a group of women explaining the gruelling and restrictive plans that will make 2017 their "best" (read "most conventionally attractive") year yet. I returned from my vacation resolved to fight my worst impulses, and so far I have. I still don't feel good about my neck. Maybe I never will. But I'd rather talk about something else. @















Hello jigg

Add some grown-up sparkle to these delicious jelly squares

FROSECCO JELLY SQUARES. Combine 1 1/2 cups prosecco and 1/2 cup blackcurrant concentrate, such as Ribena, in a small saucepan. Sprinkle 4.7-g pkgs gelatin overtop. Let stand for 5 min. Heat over medium and bring to a boil. Stir then cook for 30 sec. Remove from heat and let stand for 10 min. Spoon off foam, then pour into a 5x9 loaf pan. Refrigerate until firm, 1 hr. Makes about 28 1-in. squares.

True north strong and bubbly



- 1. Nova Scotla's Annapolis Valley L'Acadie Vineyards Vintage Cuvée Rosé. 2. Nova Scotla's Gaspereau Valley Benjamin Bridge Nova 7.
- 3. Ontario's Prince Edward County Hinterland Wine Les Etoiles. 4. Ontario's Niagara Region Henry of Pelham Cuvée Catharine. 5. B.C.'s Okanagan Valley Sive Mountain Vineyard and Cellars Reserve Brut.

17.-1

THAT'S HOW MANY LITRES OF SPARKLING WINE CANADIANS CONSUMED IN 2016, UP FROM 11.4 MILLION LITRES IN 2006.

Play dress-up

Adorn a coupe of sparkling wine with a pretty garnish



A slice of fresh ginger.

A prosecco jelly cube for a fun nibble.



Prosecco: A cheap-and-cheerful dry Italian sparkling wine from the Veneto region with apple and citrus flavours.

A couple of fresh raspberries.



Anorganic rose petal.



A sprig of lavender.



Come home to a delicious, juicy fully-cooked meal.

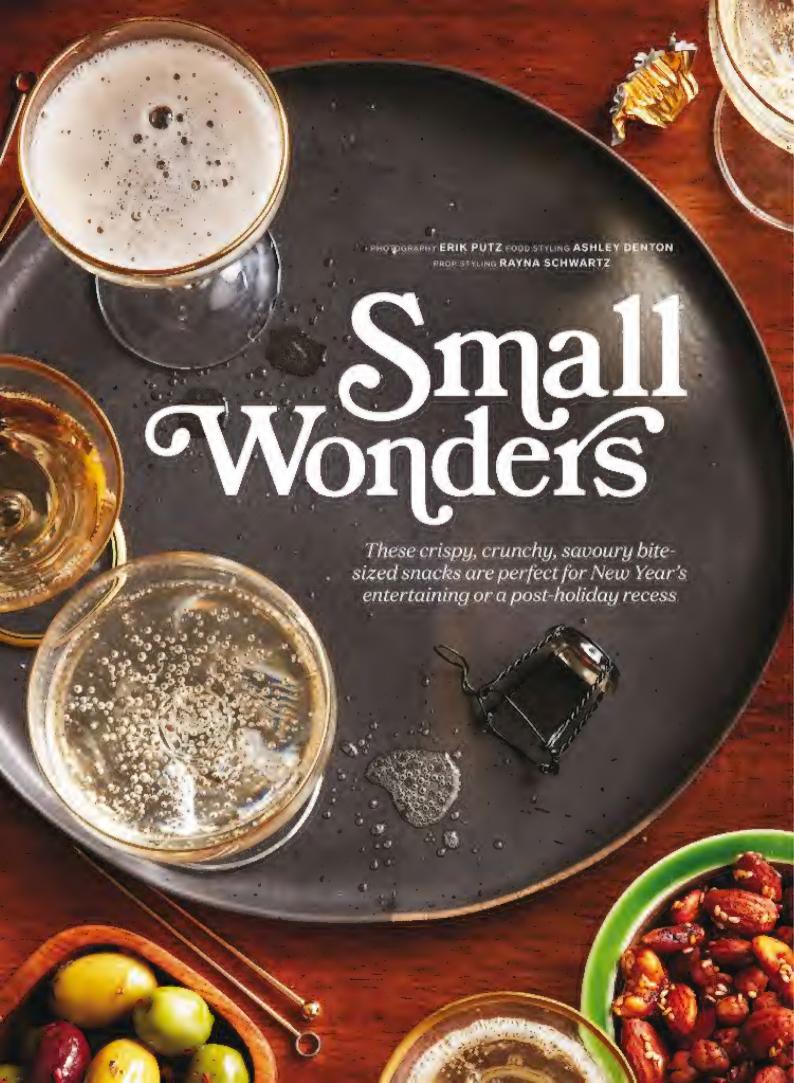
Introducing Hamilton Beach Professional Sous Vide and 6 Qt Slow Cooker, inspired by our 100 years of experience designing products for commercial kitchens. This line of new and exceptional countertop appliances, with professional-level components, also includes the Quiet Shield Blender and the Dicing Food Processor for the serious home cook.



Available at









Japanese Fried Chicken Bites







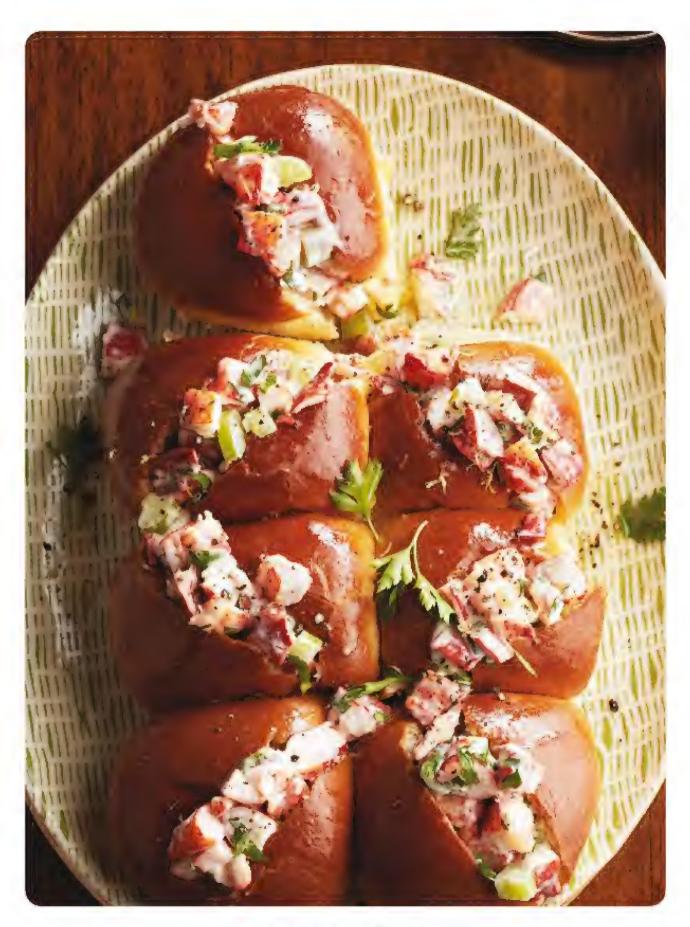


TIPS FOR deep-frying

- **■ I**Chadse talls with a high ymokę poust, likucane a, peanut or ve gelat-le a L so they won't burn before you wach paak cospinuss Temperatore
- D+ 4957 to 550% is the ideal Lemperature la evasoly breaky and cook lood. It's worth investing m a dueb-fry thermoscober that alips onto your pot for applicate beat magallingmand
- ▶ Heavy-hattom pote Lec cast iron pairs or autchlovens are key to maintain eq oven heat.
- **■** Invasuably dry fored with paper towel before frying to avoid speakter, and fry exyma tibali taya — a Stumbed pel will mistantly reduce the best, where gives the food an unphorsantly quirary taste.
- **■**+Use a small fosation the interstisymmetric section Medial 50 removes food Irom ell and draw on a rack set over a basing sheet so the crisp coupling doesn't get sog in







Lobster Rolls





Chocolate Peanut Butter Balls

Recipes

Japanese Fried Chicken Bites (Karaage)

Serves 6

Prep 15 min; total 35 min Plus 1 hour chill time

> 500 g skinless, boneless chicken thighs, cut into 2-in. pieces 2 garlic cloves, minced 1 tbsp_minced ginger 1 tbsp_sake or dry sherry 21/2 tsp soy sauce 1 tsp sesame oil 1 tsp_granulated sugar 1/2 tsp each salt and pepper Oil for deep frying 14 cup potato starch (or cornstarch)

1/4 cup rice flour Flaked sea salt (optional) 1/3 cup Kewpie or plain

mayonnaise (optional)

1 lemon, cut into wedges

1. Stir chicken, garlie, ginger, sake, soy, sesame oil, sugar, salt and pepper in a medium bowl. Cover, then refrigerate at least I hour or overnight. 2. Pour enough oil into a large heavy-bottomed pot to reach 2 in. up the side. Heat over medium-high until deep-fry thermometer reaches 350F, then adjust heat to maintain temperature. Place a wire rack over a baking sheet and set aside.

3. Whisk potato starch and flour in a bowl. Add chicken mixture and toss until coated. Fry in batches, 5 to 6 pieces at a time, and cook until chicken is dark golden, about 4 min. Drain on rack and sprinkle with sea salt. Repeat with remaining chicken. Serve with Kewpie mayo and lemon wedges.

Per serving 283 calories, 17 g protein, 13 g carbs, 17 g fat, 459 mg sodium.

Kitchen Tip: Try our Miso-Mayo: Whisk 1/2 cup mayo and 1/4 tsp each miso paste and sesame oil in a bowl. Sprinkle with finely chopped green onion and black sesame seeds.

Jalapeno Poppers

Serves 10

Prep 25 min; total 40 min

Oil for deep frying 130 g goat cheese 11/3 cups shredded mozzarella 10 jalapeno peppers, halved lengthwise and seeded 3/3 cup all-purpose flour ¼ tsp salt 2 eggs 1 tsp water 1½ cups panko

1. Pour enough oil into a large heavy-bottomed pot to reach I in. up the side. Heat over medium until deep-fry thermometer reaches 325F. then adjust heat to maintain temperature. Line a baking sheet with paper towels. 2. Stir goat cheese and mozzarella in a small bowl, then fill jalapenos. Mix flour and salt in a shallow dish. Whisk eggs and water in a small bowl. Place panko in another small bowl. Coat jalapeno with flour mixture, shaking off any excess, then dip into egg. Dredge in panko, patting to coat. Set on plate and repeat with remaining jalapenos. 3. Fry in batches until dark golden, 2 to 3 min. Drain on prepared baking sheet. Let cool for 5 min before serving. Per serving 161 calories, 8 g protein, 7 g carbs, 12 g fat, l g fibre, 178 mg sodium.

Broccoli Cheddar Tots

Makes 36 tots

Prep 25 min; total 55 min

11/4 tsp_salt, divided 6 cups broccoli florets (about 2 heads) 2 cups shredded old cheddar cheese 3/4 cup panko ½ cup chopped green onions ½tsp pepper

1 egg

1. Preheat oven to 400F. then line a baking sheet with parchment. 2. Fill a large pot with water and bring to a boil, Add I tsp salt. Add broccoli and cook for I min. Remove to a large bowl of ice water and submerge broccoli to stop cooking. Drain and pat dry with kitchen towel. 3. Pulse broccoli in a food processor until finely chopped, then transfer to a large bowl. Add egg, cheddar, panko, green onions, remaining ¼ tsp salt and pepper and stir to combine. 4. Scoop out I heaping tbsp of broccoli mixture and shape into a rectangular tot shape. Repeat with remaining mixture and place tots l in. apart on prepared sheet. 5. Bake until golden brown, 28 to 30 min.

Per tot 36 calories, 2 g protein, 2 g carbs, 2 g fat, 106 mg sodium.

Sriracha Nut Mix

Makes 4 cups

Prep 10 min; total 1 hour 5 min

540-mL can chickpeas, drained and rinsed 2 tsp canola oil 1 cup natural almonds 1 cup salted peanuts or cashews. 1/4 cup sriracha 3 tbsp agave or honey 2 tbsp_sesame seeds % tsp_salt

1. Preheat oven to 400F, then line a baking sheet with parchment. Dry chickpeas well with a kitchen towel. Stir chickpeas with oil on prepared sheet until coated.

Roast until dry and slightly crunchy, stirring halfway. about 40 min. 2. Stir almonds, peanuts, sriracha, agave, sesame seeds and salt in a bowl. Stirin chickpeas. Spread evenly on sheet and roast, stirring occasionally, until dark golden and toasted, 12 to 15 min. Chickpeas will crisp as they cool.

Per ¼ cup 40 calories, 2 g protein, 3 g carbs, 3 g fat, l g fibre, 40 mg sodium. Kitchen Tip: Let chickpeas dry overnight on a baking sheet at room temperature before baking for the crispiest results.

Turkish Sausage Rolls

Makes 40 pieces

Prep 30 min; total 1 hour 5 min Plus 45 min chill time

1 onion, chopped

2 jarred roasted peppers, drained and chopped

3 garlic cloves. chopped

21/2 tsp_smoked paprika

11/2 tsp cumin

½ tsp salt

450 g lean ground beef 450-g pkg puff pastry, thawed

1 egg

3/3 cup crumbled feta

½ cup chopped parsley

¼ cup sliced almonds,

crushed

1 tbsp lemon zest

1 tbsp lemon juice

1 egg yolk

1 tsp_water

2 tsp poppy seeds or sesame seeds Pomegranate molasses (optional)

1/4 cup Greek yogurt

1. Position rack in lower third of oven, then preheat to 425F. Line a large baking sheet with parchment. 2. Whirl onion, peppers, garlic, paprika, cumin and salt in a food processor until

finely chopped. Add beef and pulse until combined. 3. Heat a large frying pan over medium-high. Add beef mixture and cook, stirring until no longer pink, 5 to 6 min. Drain in a strainer set over a bowl, stirring occasionally to cool, about 5 min. Refrigerate until cool, 30 min. Discard fat from the bowl and add beef mixture. 4. Roll I puff pastry sheet on a lightly floured surface to 12×10 in. (It's important to get pastry to this size.) Cut pastry lengthwise to get 2 long rectangles and transfer to prepared sheet. Repeat with remaining roll and refrigerate. 5. Stir egg, feta, parsley, almonds, lemon zest and juice into beef mixture, then divide into 4 portions. Spread 1 portion lengthwise down centre of a pastry rectangle, leaving a 1-in, border. 6. Stir yolk with water and brush edges of pastry. Fold long side over mixture and roll until seam-side is down. Press edges to seal. Repeat with remaining pastry and filling; place 4 sausage rolls on the sheet. Brush with the egg wash and sprinkle with poppy seeds. Refrigerate for 15 min. 7. Bake until puffed and browned, about 25 min. Cool. on sheet for 10 min. Cut into bite-sized pieces. Drizzle with pomegranate molasses

Lobster Rolls

Serves 10

Prep 15 min: total 20 min

2 cups chopped cooked lobster meat (3 to 4 lobster tails) 1/2 cup diced celery 1/s cup mayonnaise 1 green onion, finely chopped

and serve with Greek yogurt.

Per piece 89 calories, 4 g

I g fibre, 117 mg sodium.

protein, 6 g carbs, 5 g fat,

2 tbsp_chopped fresh parslev 1 tsp lemon zest 1 tbsp lemon juice ¼ tsp_each salt and pepper ¼ tsp cayenne pepper 10 small brioche buns or dinner rolls

4 tsp butter, melted

1. Preheat oven to 400F. Stir lobster, celery, mayo, onion, parsley, lemon zest, lemon juice, salt, pepper and cayenne in a medium bowl. 2. Cut into the buns about halfway through. Brush tops and insides with butter and place on a baking sheet. Toast for 5 min. 3. Divide lobster mixture among buns. Serve immediately. Per serving 244 calories, 9 g protein, 21 g carbs, 14 g fat,

Spinach & Artichoke Dip Fondue

l g fibre, 454 mg sodium.

Makes 3 cups

Prep 15 min: total 20 min

1 tbsp butter

1 shallot, diced 1 garlic clove, minced 1 cup dry white wine 225 g shredded gruyere cheese (about 3 cups) 225 g shredded mozzarella cheese (about 3

cups) 4 tsp_cornstarch

1/2 cup artichoke hearts (packed in oil). drained, chopped and dried

scant 1/4 cup frozen chopped spinach, thawed and drained well 1/4 tsp pepper

1. Melt butter in a medium pot over medium. Add shallot and garlie, stirring until soft, about 3 min. Add wine.

Toss gruvere and mozzarella. with cornstarch in a bowl to

coat, then gradually add to the pot, stirring to prevent cheese from clumping until it has just melted. Add artichokes, spinach and pepper. Bring to a simmer and cook, stirring until warmed through, about 3 min. 3. Transfer into a fondue pot set over a low flame. Serve with artisanal bread, broccoli, cauliflower, carrots, mushrooms, sausage, roasted mini potatoes, mini sweet peppers, blanched green beans, sliced apples or pears, figs or pickles. Per ¼ cup 169 calories, 10 g protein, 3 g carbs, 12 g fat, I g fibre, 157 mg sodium. Excellent source of calcium.

Chocolate Peanut **Butter Balls**

Makes 24 balls

Prep 30 min; total 30 min Plus 1 hour 15 min chill time

> 1/2 cup creamy peanut butter 2 tbsp butter, at room temperature Valso salt 1 cup iding sugar 1 cup chopped 70% dark chocolate 2 tbsp_finely chopped salted, roasted peanuts

1. Stir peanut butter, butter and salt in a medium bowl until combined. Stir in icing sugar until smooth. Scoop out heaping 1-tsp portions and roll into balls. Place on a large plate and freeze until firm, about I hour. 2. Line baking sheet with parchment and set aside. 3. Melt chocolate in a small. heat-safe bowl over a small saucepan of simmering water, stirring until smooth. Remove from heat. 4. Dip 3 to 4 balls into chocolate and roll to coat. Remove with fork, tapping edge of bowl to shake off

excess. Transfer to prepared sheet, then sprinkle with peanuts. Repeat with remaining peanut balls, chocolate and peanuts. 5. Refrigerate until chocolate is firm, about 15 min. Per ball 89 calories, 2 g protein, 8 g carbs, 6 g fat, I g fibre, 48 mg sodium.

COVER RECIPE

Baked Alaska with Marshmallow Frosting

Serves 4

Prep 20 min; total 20 min Plus 3 hours chill time

> 2 cups softened ice cream 4 slices pound cake, 1/2 in. thick, cut into 3-in. rounds. 3 egg whites ¼ cup granulated sugar 3 tbsp_water 2 tbsp_corn syrup 14 tsp cream of tartar ¼ tsp_salt 1 tsp vanilla

1. Line 4 muffin cups with plastic wrap. Fill each with 1/2 cup ice cream and top with cake. Cover with plastic wrap and freeze at least 3 hours. 2. Whisk egg whites, sugar, water, corn syrup, cream of tartar and salt in a large metal bowl set over a large pot with lin, of simmering water until sugar dissolves, about 3 min. Beat with an electric mixer on mediumhigh over water, until stiff peaks form when beaters are lifted, about 7 min. Remove from heat. Beat in vanilla. 3. Remove frozen ice cream from muffin tins and discard plastic wrap. Place, cake-side down, on baking sheet and spread with frosting. Toast frosting using a blowtorch, or broil 5 in, from element until dark golden, 1 to 2 min. Serve immediately. Per serving 536 calories, 8 g protein, 94 g carbs, 16 g fat, 325 mg sodium.

10. little devils

With one simple base recipe and some imaginative add-ins and garnishes, there are infinite ways to trick out these retro bites



1. CLASSIC

Devilled Eggs

Serves 6

Prep 20 min: total 30 min

6 eggs

% cup mayonnaise

11/2 tsp Dijon mustard

4 tsp finely chopped chiuns

1/4 tsp pepper

1/4 tsp smoked sweet

paprika

1 strip cooked crisp bacon, chopped

- Place eggs in a single layer. in a pot and add enough cold water to cover by 1 in, Boil, then reduce heat to mediumlow and simmer for 10 min. Immediately drain and rinse with cold running water to cool eggs completely. Peel eggs, then cut each in half lengthwise.
- 2. Scoop yolks into a bowl then mash. Stir in mayo, Dijon, chives and pepper. Fill a piping bag or a small plastic freezer bag with yolk mixture, then cut off a corner. Pipe into egg whites. Sprinkle with paprika and top with bacon. Per serving 151 calories, 7 g protein, 1 g carbs, 13 g fat, 155 mg sodium. Excellent

source of vitamin Biz.



finely grated old chedder and 11/2 tsp. Dijon. Pipe into egg whites. Top with pickled alapenos and bits of blue core tortilla chios.

2. GANGNAM-STYLE

Mash yolks. Stir in 5 thsp mayo and 1 tsp gochujang. Pipe into egg whites. Top with finely chopped kimchi and green onions.



6. SUSHI

Mash yolks. Stir in 1/4 cup mayo and 1 1/2 tsp wasabi paste. Pipe Into egg whites. Top with finely chapped pickled ginger, white and black sesame seeds and thinly sliced nori.



3. CRAB & DILL

Mash yolks. Stir in 1/4 cup mayo and 1/5 tsp. Dijon. Stir in 14 cup lump crabmeat. 2 tbsp chopped dill, 2 tsp lemon juice and 1 tsp. lemon zest. Pipe into egg whites. Top with a sprig of dill and a twist of sliced lemon.



7. AVOCADO

Discard yelks, Stir ¼ cup mashed avocado, 1 toso lime juice. ¾ tsp wasabi paste and ¼ tsp saft. Pipe into ego whites. Top with sliced mini cucumber, cliantro and błack sesame seeds.



4 THAI

Mash yolks. Stir in 14 cup mayo, 21/4 tsp. lime juice and 1 tsp red curry paste. Pipe into egg whites. Top with cliantro, chopped peanuts and thinly sliced red chill



8. HERBED SMOKED SALMON

Cut I slice smoked salmon (30 g) into 12 pieces. Mash yolks. Stir in ¼ cup mayo, 1 tosp each finely chopped fresh dill and parsley. Pipe into egg whites. Top with salmon, lumpfish caviar and sprigs of fresh dill.



- **B**→The fresher the eggs, the more difficult they are to peel, so choose the slightly older eggs in your refrigerator
- **≫**ITo prevent a dark green ring from forming around the yolks, coal the eggs rapidly in running cold water as soon as they're finished cooking.
- After draining and cooling eggs, gently crack them all over and keep them soaking in cold water, then start peeling from the large end.
- **■** For smooth. clean edges, use a sharp knife to cut eggs in half. Avoid serrated knives.
- > Use a whisk to mash yolks or put them through a sieve to Reep them light and velvety. A piping bas fitted with a star tip will give your yolks a swirty, elegant finish.



9. CAESAR SALAD

Spread 2 tbsp grated parmesan in a circle 3 in, wide in a frying pan over medium. Cook. until golden, about 5 min. Cool, then break. into small pieces. Fry 1 prosciutto slice and crumble. Mash yolks. Stir in ¼ cup mayo. 1 tbsp chopped capers and 1 1/4 tsp Dijon, Pipe into egg whites. Top with parmesan and prosciutto.



10. PIČKLED BEET

Heat 398-mL can whole rosebud beets and liquid, 1/4 cup cider vinegar. Vs cup sugar and 1/2 tsp salt. in a saucepan over medium-high until sugar is dissolved. Transfer to cool over ice water. Submerge peeled, cooked eggs in beet mixture and refrigerate for 3 hours, turning over halfway through. Pat dry 2 beets. Cut each into 6 wedges. Cut thin slivers off tops and bottoms of eggs so they have a flat base. to sit on. Halve crosswise. Follow step 2 from the Classic recipe, omitting paprika. Top with bacon and beet wedges.



5. NACHO

Mash volks, Stir in 5 tbsp mayo, 2 tbsp















Watch our step-by-step video on chatelaine.com.

Classic Butter Tarts Makes 12 servings

Prep 20 min; chill 1 hour 20 min; total 1 hour 40 min

11/4 cups all-purpose flour

½ tsp salt

1/s cup cold unsalted butter, cubed

1/4 cup cold lard, cubed

1 egg yolk

1 tsp white vinegar

¼ cup ice water

FILLING

34 cup packed light brown sugar

1/s cup white corn syrup

2 tbsp maple syrup

2 eggs

14 cup unsalted butter, melted

1 tsp vanilla

1 tsp white vinegar

1/6 tsp salt

1. Whirl flour and salt in a food processor. Add butter and lard. Pulse until coarse crumbs form. Whisk yolk, vinegar and ice water in a small bowl. With motor running, pour through feed tube while pulsing until just combined. Wrap with plastic wrap and press into a disc. Refrigerate for I hour.

2. Position rack in bottom of oven. Preheat oven to 450F.

3. Whisk sugar, corn syrup, maple syrup, eggs, butter, vanilla, vinegar and salt in a bowl until smooth.

4. Roll out dough on a lightly floured surface to 1/4-in. thickness. Cut into 12 rounds using a 41/2-in, round cookie cutter, re-rolling scraps. Gently press rounds into a 12-cup muffin pan. Press sides to adhere. Refrigerate for 20 min. Spoon 2 tbsp filling into each pastry. 5. Bake for 8 min. Reduce heat to 400F and open oven slightly for 10 sec. Bake

until filling is puffed and pastry is golden, about 7 more min. Let stand on rack for 3 min. Run a small knife around the edges of tarts and transfer to rack to cool completely.

Per tart 278 calories, 3 g protein, 35 g carbs, 15 g fat, 142 mg sodium.



VARIATIONS

1. Chocolatey Butter Tarts: Top each tart with 2 tsp coarsely chopped dark chocolate just before baking, 2. Boozy Butter Tarts: Stir 1 tbsp whisky into filling just before pouring into pastry. Top each tart with 1 tsp chopped dried cranberries. 3. Pecan Butter Tarts: Top each tart with 1 tsp chopped pecans before baking.

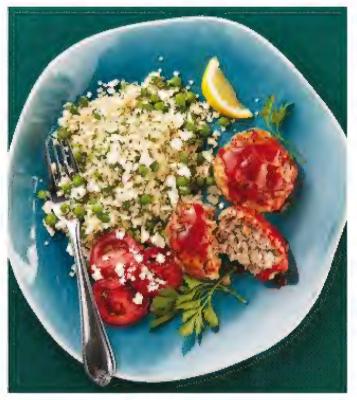
The Dinner Plan

One shopping list, five easy weeknight meals



Monday -

Shrimp-Fried Quinoa Ready In 25 min Serves 4



- Tuesday -----Mini Meat Loaves with Pea & Feta Couscous Ready in 40 min Serves 4



Wednesday -Chicken & Edamame Pasta Ready in 20 min Serves 4



- Thursday -Smoky Braised Lentils with Halloumi Ready in 45 min Serves 4



Friday -Lentil Cakes with Harissa Yogurt Ready in 25 min Serves 4



PRODUCE

- 2 onions
- 🛅 1 red onion
- 3 carrots
- 1 English cucumber
- 1 bunch leeks
- 1 head green leaf lettuce
- 1 bunch kale
- □ 1 plum tomato
- 1 bunch green onions
- 1 head garlic
- 2 lemons
- □ 2 limes
- parsley
- basil
- chives
- thyme.

PROTEIN

- 500 g lean ground pork
- 2 skinless, boneless. chicken breasts

DAIRY

- 250-g pkg halloumi
- 🗖 feta
- Greek yogurt

DRY GOODS

- Quinoa
- whole-wheat spaghetti
- COUSCOUS
- dried green lentils
- breadcrumbs
- multi-grain pitas
- no-salt vegetable broth

FROZEN GOODS

- frozen mixed vegetables
- frozen shelled edamame
- frozen green peas
- 340-g pkg frozen raw peeled small shrimp

CHECK YOUR PANTRY

FOR olive cul, canola oil. sesame oil, rice-wine vinegar, Dijon, fish sauce, barbeque sauce, hot chili-garlic sauce, harrissa paste, low-sodium soy sauce, sriracha, coriander, smoked paprika, sugar, salt, pepper. 4 eggs.



Shrimp-Fried Quinoa

Serves 4

Prep 25 min; total 25 min.

1 cup quinoa, rinsed

2 tsp canola oil

1/2 small onion, finely chopped

1 cup frozen mixed vegetables, such as carrots, peas and corn, thawed

1/2 340-g pkg frozen raw peeled small shrimp, thawed (2 cups)

2 eggs, beaten

1 tbsp_fish_sauce

1 tbsp hot chili-garlic sauce

2 tsp lime juice

1 tsp_sesame oil

¼ tsp_salt

14 cup chopped chives lime wedges

1. Cook quinoa in a medium saucepan, following package directions, 15 to 17 min. Spread on a baking sheet to cool slightly. 2. Heat oil in a large nonstick frying pan over medium-high. Add onion and cook until softened, 3 min. Add vegetables and cook, stirring, for 3 min. Add shrimp and cook until they turn pink, 2 to 3 min. Add eggs, stirring constantly to scramble, until cooked. Stir in fish sauce, chili-garlic sauce, lime juice, sesame oil and salt, then quinoa. Remove from heat. Sprinkle with chopped chives. Serve with lime wedges. Per serving 287 calories,

17 g protein, 34 g carbs, 9 g fat, 5 g fibre, 638 mg sodium. Excellent source of folate.



Mini Meat Loaves with Pea & Feta Couscous

Prep 15 min; total 40 min

500 g lean ground pork 1 small onion, finely chopped 1 garlic clove, minced 1/s cup finely chopped fresh parsley, divided

1 tbsp Dijon mustard 1 tbsp fresh thyme leaves 1 egg, beaten

1/4 tsp_each salt and pepper

3 tbsp barbeque sauce

¼ cup boiling water

½ cup couscous

2 cups frozen green peas, thawed

1/2 cup crumbled feta cheese

1 tbsp lemon juice

1. Preheat oven to 400F. Stir pork, onion, garlic, 2 tbsp parsley, Dijon, thyme, egg, salt and pepper in a bowl. Roll into 8 balls and press into cups of a non-stick muffin pan. Brush tops with barbecue sauce. 2. Bake until no longer pink in centre, 18 to 20 min. 3. Pour boiling water over couscous in a large bowl, and cover with plastic wrap or lid. Let stand for 5 min. Microwave peas in heatproof bowl until hot, 1 min. Add to couseous and stir in feta, remaining ¼ cup parsley and lemon juice. Serve with meat loaves. Per serving 436 calories, 34 g protein, 32 g carbs, 19 g fat, 4 g fibre, 678 mg sodium. Excellent

source of vitamin A.



WEDNESDAY

Chicken & Edamame Pasta

Serves 4

Prep 20 min; total 20 min.

250 g whole wheat spaghetti 2 tbsp_sesame oil, divided 2 tbsp low-sodium soy sauce 2 tbsp_rice wine vinegar 2 tsp sriracha 11/2 tsp granulated sugar ½ tsp_salt 2 skinless, boneless chicken breasts. thinly sliced

2 cups frozen shelled edamame, thawed

1/2 cup sliced green onlons, about 3

1/2 cup roughly torn fresh basil

1. Cook pasta in a large pot of boiling water, following package directions, until tender, 7 to 8 min. Drain. 2. Whisk 4 tsp oil with soy, vinegar, sriracha, sugar and salt in a small bowl. Set aside. 3. Heat remaining 2 tsp oil in a large non-stick frying pan over medium-high. Add chicken, Cook, stirring, until chicken is no longer pink, 4 to 5 min. Stir in pasta, edamame and soy mixture, until warmed through, about 1 min. Sprinkle with green onions and basil. Perserving 482 calories, 41 g protein, 56 g carbs, 12 g fat, 9 g fibre, 686 mg so dium. Excellent

source of vitamin B₀.



Smoky Braised Lentils with Halloumi

Prep 20 min; total 45 min

2 tsp olive oil

- 3 carrots, thinly sliced
- 1 leek (white-andgreen part only), thinly sliced

11/2 cups dried green lentils. rinsed

- 3 garlic cloves, sliced
- 2tsp smoked paprika
- 2 tsp coriander

½ tsp salt

900 mL no-salt vegetable

1 bunch kale, stemmed and torn (9 cups)

2 tbsp lemon juice

1/4 tsp pepper

250-g pkg halloumi cheese, cut into 8 rounds

1. Heat oil in a large deep frying pan over mediumhigh. Add carrots and leek. Cook until leek is softened, 4 min. Add lentils, garlic, paprika, coriander and salt. Cook for I min, then add broth and I cup water. Boil, then simmer, covered. until lentils are almost tender, about 20 min. 2. Add kale and cook until lentils are tender. about 10 min. Stir in lemon juice and pepper. Reserve 2 cups for Lentil Cakes with Harissa Yogurt. 3. Sear halloumi in a frying pan over medium, until golden, 1 min per side. Serve over lentils. Per serving 227 calories, 24 g protein, 40 g carbs, 3 g fat,

9 g fibre, 261 mg sodium.



Lentil Cakes with Harissa Yogurt

Serves 4

Prep 10 min; total 25 min

2 cups reserved lentils (from Smoky Braised Lentils)

1/4 cup bread crumbs

1 egg

1/4 tsp salt

1 tsp olive oil

3/3 cup Greek yogurt

4 tsp harissa paste

- 4 6-in. multi-grain pitas
- 1/4 English cucumber, halved and thinly sliced
- 4 green leaf lettuce leaves
- 1 plum tomato, thinly sliced into rounds
- 1/4 red onion. thinly sliced

1. Whirl lentils, bread crumbs, egg and salt in food processor until almost smooth with a few chunky pieces. Use a 1/4-cup measure to scoop lentil mixture and form into 4 21/2-in. patties. 2. Heat oil in a large nonstick frying pan over medium. Add patties and cook until firm, about 3 min per side. 3. Mix yogurt and harissa in a small bowl. Divide among pitas, with cucumber, lettuce, tomato, onion and lentil cakes. Perserving 550 calories, 28 g protein, 84 g carbs, 10 g fat, 11 g fibre, 888 mg sodium.

Loose ends

How to use up leftover ingredients from this month's Dinner Plan



EDAMAME

EDAMAME-TAHINI DIP

Whirl 1 cup cooked edamame. % cup water, 2 thsp low-sodium. soy sauce, 1 tbsp each grated fresh ginger, rice vinegar, tahini and sesame oil and 1 minced garlic clove in a food processor until smooth. Refrigerate at least 2 hours before serving with rice crackers or crudités.



QUICK PICKLED LEEKS

Boil 2 cleaned sliced leeks (white and light green parts only) in mixture of 1/3 cup water, 1/4 cup white-wine vinegar and 1 tsp coarse salt in a small saucepan for 10 min. Scoop out and rinse under cold running water. Cool water mixture and return leeks to it. Refrigerate until ready to use.



ENGLISH CUCUMBER

CUCUMBER SALAD

Peel an English cucumber, leaving alternating green stripes. Slice in half lengthwise and scrape out seeds. Thinly slice into half moons. Whisk 2 tbsp rice vinegar, 1 tsp each sugar and sesame oil and 1/2 tsp salt in a small bowl. Toss cucumbers in dressing. Sprinkle with 1 tsp toasted sesame seeds.



couscous

BREAKFAST COUSCOUS

Combine 1 cup couscous, 1/4 cup golden raisins and 1/4 tsp cinnamon in a bowl. Pour in 11/2 cups hot milk and cover with a kitchen towel for 10 min. Fluff with a fork and divide mixture among 4 bowls. Pour in more milk and top with toasted almonds or walnuts. Drizzle with honey.



SHRIME

CHOPPED SHRIMP & AVOCADO SALAD

Whisk 1 tbsp olive oil, 2 tbsp lime juice. 1 tosp lime zest. 1 tsp each honey and Dijon and 1/4 tsp salt in large bowl. Mix with 1/2 340-g pkg frozen raw peeled shrimp (thawed, patted dry and chopped), 2 cups chopped romaine, 1 diced avocado and 1/2 cup diced red bell pepper.





November 1978

Chill time in the great outdoors

The times Pierre Trudeau was prime minister, Donna Summer's "MacArthur Park" hit number one on the Canadian charts and Rachel McAdams was born in London, Ont. The family-bonding exercise Cross-country skiing. As Eve Rockett mused in Chatelaine's 1978 primer on "some neat places to ski," there seem to be "two distinct kinds of winter people in Canada: those who huddle around the thermostat and those who get out and celebrate the snow.... Cross-country skiing is one way." In order to provide readers maximum enjoyment of the family sport, our writers put together a rundown of the country's best powdered trails; an outdoor-approved picnic of energycharged but lightweight foods, like hot cheddar soup and something called "Skiers' Vichyssoise"; and tips for winterizing skin. Not included in the guide: tips for avoiding a face plant. - Katle Underwood



"Chatelaine Guide to Some Neat Places to Ski" by Eve Rockett





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400 mL

